# Chichester Herald

Friday 1st March 2013
YOUR FREE WEEKLY NEWSPAPER


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# Fight till the end

## ›› *Councillor speaks out over Little London's future*


*Dean Adams*
MANAGING EDITOR
NEWS@CHICHESTERHERALD.CO.UK


A LIB DEM candidate in the county council elections this May has come out fighting on behalf of Chichester's local traders currently under threat from big corporate business.

John Ilkenden, the Lib Dem candidate for the North Chichester Division in which Little London Walk falls, is taking up the cause of its independent retailers.

PMB Holdings of London, the freeholder, does not want the small shops to thrive or indeed remain.

It has a reason for that as reportedly wanting to put a single giant unit, understood to be a TK Maxx store selling luggage and clothing, there instead.

John told the Chichester Herald: 'An overwhelming 85 per cent of people in Chichester are in favour of keeping the independent shops inside the arcade of Little London Walk. In a survey (by a rival newspaper - the Observer) only 12 percent were against. That seems pretty substantial to me.

Chichester is renowned for its small, independent shops giving immense choice and variety to shoppers. Long may it be so!'

> “(I) intend to carry on trading for many more years, with the help and support of our customers and the people of Chichester”

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Little London Walk is for


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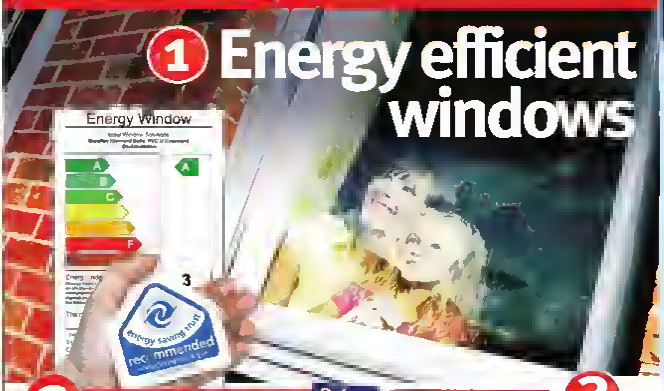


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# Duo going the distance for charity

A HUSBAND AND WIFE duo from Chichester are braving a cycling expedition from Europe's northern most point, Norway's North Cape, to its Southern most point, the Rock of Gibraltar in Spain. Cycling over 4000 miles, Alan and Dana will be undertaking this epic challenge to raise funds for St Wilfrid's Hospice in Chichester, a charity supporting those with terminal illnesses.

The determined couple will cycle through some of the great countries of continental Europe, across challenging landscapes and in all weathers. After flying with their bikes and luggage (three flights in all) to Hoese ngsvåg, Norway, they will cycle to Nord Kapp to start the epic challenge. Cycling through twelve countries, they will leave 24 hours of daylight and the cold of the Arctic Circle behind them to finish in the blistering hot summer sun of Gibraltar on the Costa de la Luz – a stone's throw away from Africa!

Dana says: "We have been planning this expedition for a while and last year we cycled 1200 miles from Land's End to John O'Groats covering the whole length of Great Britain in preparation.

"On this expedition we will be carrying everything that we need to get through up-to two months of cycling and camping, from food and cooking gear to spare bicycle parts and more. We will cover a staggering 4000 miles in just 50 days and Alan and I would love any support you can give to help us achieve this, please donate to St Wilfrid's Hospice it is such a great cause."

The Chichester duo welcomes any support that you can give, whether you can donate the cost of a pint or sponsor them for a whole day. Sponsors will not only achieve that feel good factor of helping a great cause but they will also have their name credited on the North Cape to the Rock online journal and guide. Please give what you can, and cheer Alan and Dana on!

• Distance Around 4000 miles (Lands End to John O'Groats x 4)
• Countries Covered Norway Finland Sweden Denmark, Germany Belgium Luxembourg Switzerland France Italy Monaco and Spain
• Time Commitment 50 Days
• Start Date 1st June 2013
Alan and Dana will be cycling over 4000 miles for charity

Continued from page 1

"As has become apparent people power can prevail over the interests of big business. And the government has made it very clear that small and medium-sized enterprises are vital to our economic recovery.

"That's in addition to our wanting to protect the Conservation Area in Chichester's town centre.

"If you feel the same, please voice your support now and vote with your feet for Chives cafe, Zig Zag shoe shop, Whitby's camera store and Cake Fayre in their stance against PMF Holdings of London."

One of the local shopkeepers, Lisa Stearn from Itchenor, has run the colourful and popular Zigzag Shoes store for more than 22 years.

She told the Chichester Herald: "I am very saddened that the landlord wants to scrap Little London Walk. As dependent shopkeepers like me don't want to have to leave. However, I am protected under the terms of my lease and intend to carry on trading for many more years, with the help and support of our customers and the people of Chichester."

Lisa added: "All of us at Zigzag have been very moved by so many people coming to us and saying that they want us and the arcade of shops to stay. We'd like to thank them for that support and to say, please keep coming to shop in our arcade.

# Nelson to star at Goodwood

GOODWOOD Racecourse has this week confirmed the three top artists who will DJ at the legendary Three Friday Nights, which see an evening of exceptional horse racing followed by a DJ set to the most incredible setting. 2013 arguably boasts Goodwood's most exciting line-up to date, with three huge names from the music world transforming the picturesque Parade Ring into the coolest dance floor under the stars. The 2013 DJ sets and dates are:

Friday 31 May Rudimental (DJ Set)
Friday 14 June Andy Cato (Groove Armada)
Friday 21 June Trevor Nelson (Radio 1)

As one of the world's most beautiful and highly regarded racecourses, Goodwood has truly reinvigorated horse racing by juxtaposing a classically British sport with the current passion for live outdoor music events. After an exciting evening of horses thundering down the straight, the newly redecorated Parade Ring turns into one of the most glamorous dance floors in the UK, complete with spectacular laser show. Now in its third year, the West Sussex venue, just over an hour from London, has seen the likes of Mark Ronson, Mike Skinner and Boy George take to the decks and fill the countryside with the sound of music. Last year over 20,000 guests soaked up this unique experience at the sell out nights and organisers anticipate even larger crowds in 2013.

Let us know what you think
@chiherald

## Anorak Corner

**Did you know? A taster of Chichester facts and figures...**

There's a story that when Queen Elizabeth visited Chichester in the 16th century she said it was a little London' and one of the streets in the city has been called that ever since. It isn't true the Elizabethan plasterwork shown on 15th century maps. It may have got its name because Elizabethan London lived and worked there.

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# Tweets of the Week!

All tweets are from Chichester people or about the area
(Some tweets may contain errors)

@catchbox_fish
"If Pete's haul yesterday is anything to go by, our members in #Chichester are in for a TREAT!"

@TheNovium
"How much can human bones tell us about the past? Find out in our lecture series starting 7th March!"

@pushkatashion
"Help for Heroes fashion show on 21st March @Slug & Lettuce Chichester. Join us for a fabulous evening"

@mikki_collins
"Chichester uni bringing out their A-game by posting me teabags as a form of bribery, I don't like tea #isthislife #whydoeseveryonehatemo"

@chi_police
"Road side scam reports in #Chichester District and #Hampshire"

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# Not a mobile phone or a tin of lager in sight

Tommy Boyd

### CHICHESTER WEATHER

They never show "Chichester" on the TV weather maps. Portsmouth and Brighton yes. Sometimes Horsham, even flipping Burgess Hill. It means every time we have to work out where we are using the little squiggles of the Bosham inlets.

### DRINKING

Another report comes out. We are drinking too much. This old news is followed by the regulation droning on about health concerns. "Experts" pop up with reminders about safe limits, and various "warnings". The question is WHY are we drinking too much? Nobody wants to go there do they?

### ROSE HANBURY EMAILS

... You say you still call House of Fraser Army & Navy. Well I still call it Morant ... t must be absolutely ancient – how sad is that. And what's more, students still go in there at lunchtime and sample all the scent bottles as we did when t was the class of 69/70!!!"

### ALCOHOL

Alcohol makes people think they feel happier. More confident. So if people need alcohol to help those things, they must be unhappy and insecure. If the Health authorities want us to cut down, they should address the issue of our general unhappiness and fears.

### CAR PARK MACHINES

Surely it's wrong not to give change. Or else everybody would be at it. "Sorry no change given" at the supermarket might increase their profits to the point where they can buy meat from round the corner instead of from Romania via Cyprus.

### CHURCHILL

I m reading his History of WW2. Just before France was defeated, with the Nazis approaching Paris, Churchill decided to fly to France to meet the French government. When he landed all was chaos, and there was no one at the airfield to meet him. Unperturbed he ordered his team to find a car, which they did. He then ordered them to take him to the nearest restaurant. He had a 3 hour lunch no doubt with gallons of fine wine and brandy. I doubt he spent a single day of WW2 sober. Hitler was teetotal.

### ALCOHOL HYPOCRISY

The middle classes believe they don't drink. No, they pretend they drink wine to enhance their cuisine. They pretend they carefully select a fresh tasting Zinfandel to accompany the sea bass. This is c*p. They are out to get hammered, and are no different from the poor deadbeats swigging extra strength lager on a park bench.

### SOLUTION

If you drink too much and want to live longer instead, become a Buddhist. Their way is summed up thus "Life is unhappiness, unhappiness can be overcome by doing the right thing". A friend is just back from India where she said the people are much, much happier than us, not a mobile phone or a tin of lager in sight.

### PORK PIES

Can anyone explain their hold? Is it the jelly? The insinuation you are on a picnic? I can resist most things at a service station, but not an individual pork pie.

### JOKE

A man walks into the pub with a slab of tarmac under his arm. He orders a pint, and one for the road.

Let us know what you think
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**Founder/Managing Director:**
Dean Adams *(Managing Editor)*
dean.adams@chichesterherald.co.uk

**Sub-Editor:**
Megan Hedges
megan.hedges@chichesterherald.co.uk

**Advertising:**
advertising@chichesterherald.co.uk
Hannah Rason *(Advertising Manager)*
Hannah.rason@chichesterherald.co.uk

**Founder/Finance Director:**
Mark Ansell
mark.ansell@chichesterherald.co.uk

**News, sport & entertainment:**
news@chichesterherald.co.uk

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# Art class starts soon

## ■ Absolute beginners to improvers will love this course!

### Spring Art Class

What a great way to start Spring. This part time course is 3 and a half months long, once a week for 3 hours

**ABSOLUTE BEGINNERS TO IMPROVERS JUST LIKE YOU!**
The course is designed to be fun for absolute beginners who have never picked up a brush before through to improvers, says Art Director Peter of Stringers Gallery Petworth.

**STEP BY STEP GUIDANCE**
We adapt to each student's needs and give them all the guidance and help they need to develop their artistic skills. The curriculum is fun, comprehensive and interesting. Over 3 and a half months we will explore 4 different media, pencil drawing & sketching, Oil pastel painting and techniques, painting and blending with watercolours and acrylics. Step by step guidance to the basic techniques and secrets needed to create beautiful pieces of art.

**SEASIDE VISTAS**
By the end of the course, students have created a minimum of 8 pieces of their very own original art they can enjoy forever, from country landscapes to stunning Seaside Vistas. What better way to enjoy the spring months and participate in something you will look forward to every single week.

**MAKE NEW FRIENDS & MEET NEW PEOPLE**
The final day of the art class will be the preparation for an exhibition held in Chichester Town Centre later that day, featuring the work created over the 3 ½ month part time course

**YOUNG AT HEART**
This course is a brilliant way to learn new skills you will be able to enjoy forever. It is also a great way of meeting new friends and to have a fun experience you will always remember and cherish! It is open to adults of all ages

**LIMITED PLACES**
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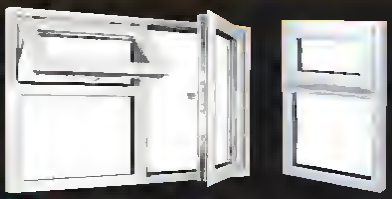

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## Young woman threatened in her Chichester home

A 22-YEAR-OLD woman has been left traumatised after three men entered her home in Chichester and threatened her.

The incident happened at about 8pm on Tuesday 12 February in Winterbourne Road. The three men smashed a window to get inside and then went upstairs, where the victim was alone. They threatened her and demanded money before leaving empty handed.

DC Dello Squires, of West Sussex CID, said: "The victim in this matter is understandably traumatised by the incident.

"If anyone has information that would assist our enquiry, I urge them to call police on 101, quoting serial 1553 of 14 February. Alternatively, call the independent charity Crimestoppers anonymously on 0800 555 111."

## Laptop stolen in Chichester burglary

POLICE are appealing for anyone who has information on a burglary in Quest Close in Chichester on February 16.

The break-in was reported at 5.20pm where the offender(s) had gained entry through a door at the back of the house. A number of electrical items were stolen including an Acer laptop.

Detective Constable Dello Squires of West Sussex CID said: "If anyone has been offered this model of laptop please contact Sussex Police. If anyone has information that would assist our enquiry, please call us on 101 quoting serial 1506 16/2. You can also call independent charity Crimestoppers on 0800 555 111."

## Firefighter's jacket stolen in Chichester theft

A FIREFIGHTER has had his West Sussex Fire and Rescue jacket stolen from a vehicle in Chichester.

The theft happened at about 10pm on Wednesday (20 February) from a vehicle parked in Charles Avenue. Together with the navy jacket, which features the fire service logo, a silver X-PEED motorcycle crash helmet was also taken.

A police spokesperson said: "Police would like to speak to three men seen in the area at the time of the theft. Anyone with information is asked to contact Sussex Police on 101, quoting serial number 1595 of 20 February."

## Theft of bike from Esplanade

POLICE are appealing for anyone who may have had a bike stolen from The Esplanade, Bognor Regis, to get in contact.

At around 1.15am on Wednesday 20 February a 20-year-old man was arrested on suspicion of the theft of a bike. He remains in custody. Officers are now seeking the owner of the bike and would like to hear from anyone who thinks it may be theirs.

Anyone who believes they may be the owner of the bike is asked to contact Sussex Police on 101 quoting serial 0051 of 20/2.

## Man arrested for drugs in Bognor

A 34-YEAR-OLD man was arrested following a drugs warrant in Bognor on Friday, 22 February.

The Operation Accent team, set up to target crime and vulnerability within the Eastern European community on Arun district, executed a warrant under the Misuse of Drugs Act.

A quantity of white powder suspected to be amphetamine and 11 wraps of herbal cannabis were seized.

A man was arrested on suspicion of possession with intent to supply controlled drugs and he was released on police bail for further enquiries until 1 May.

Sgt Rachel Glenton said: "If you have any information you feel can assist the Operation Accent team please make contact via email operation.accent@sussex.pnn.police.uk, Facebook: Operation Accent or twitter @sergeantglen. You can also call 101 or the independent charity Crimestoppers on 0800 555 111."

## Students aim for finals of West Sussex debate competition

COUNTY HALL in Chichester will host the semi-finals of a West Sussex school debate competition in March.

Students from four schools will debate a variety of current issues as they bid for a place in the final.

The tournament is being supported by West Sussex County Council's Voice and Engagement team, part of the Youth Support and Development Service.

The first semi-final, between Angmering School and Davison High School, will take place on Friday, March 1 (4.30pm).

On Tuesday, March 5 (4.30pm), Bishop Luffa School will meet Chatsmore Catholic High School in the second semi-final.

Both matches will take place in the Council Chamber at County Hall, Chichester.

The final will be held on Tuesday, April 16.

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# South East Councils welcome reforms

A MAJOR overhaul of the support available for young people with special educational needs and disabilities (SEND), that will give families greater control and choice over the care their children receive, has been welcomed by the South East 7 (SE7) group of councils - of which West Sussex County Council is a member.

The reforms are set out in the Children and Families Bill, introduced into Parliament this month. Many of the SEND reforms, originally outlined in a Green Paper in 2011, were tested and developed by the SE7 Pathfinder group, following a successful bid to the Government for Pathfinder status.

The SE7 is a collaboration of councils involving West Sussex County Council, East Sussex County Council, Brighton and Hove City Council, Kent County Council, Hampshire County Council, Medway Council, and Surrey County Council. The area serves 1.3 million children including more than 24,000 with special educational needs (SEN).

The Government has acknowledged the role of the local Pathfinders and much of that work has been reflected in the Bill, which includes measures to:

- replacing Statements of SEN with a single assessment and single Education, Health and Care Plan, from birth to 25;
- offering families personal budgets so that they have more control over the support they need;
- improving co-operation between all the services that support children and their families, with local authorities and health authorities working closely together;
- ensuring local authorities involve children, young people and parents in reviewing and developing provision for these children with SEND and publish a Local Offer detailing all the help and support that is available.

West Sussex County Council Cabinet Member for Children and Families Peter Evans said: "The SE7 pathfinder has played a key role in shaping these reforms, which should significantly improve the quality of life for many young people with special needs and disabilities and their families."

Leader of the Council Louise Goldsmith added: "By working together, the SE7 has proved its worth. By sharing our expertise, we can improve the quality of public services for all our residents, and also make them as efficient as possible."

## Make sure you use your vote for the West Sussex Youth Parliament elections

YOUNG people are being reminded to make sure they use their vote in the UK Youth Parliament elections this month.

Voting for the elections takes place for the whole of March. Students need a Unique Voter Code to vote, and voter cards will be sent to schools. Some schools will vote online via the Your Space West Sussex website, while others prefer traditional ballot papers, with voting on mass in tutor time or running a whole school Election Day.

West Sussex is covered by four UK Youth Parliament areas. In each area the two candidates with the most votes are elected as Members of Youth Parliament (MYP) and Deputy MYPs.

The four geographical areas are:
- Chichester, West Arun
- Crawley, East Grinstead
- East Arun, Adur and Worthing
- Horsham and Mid Sussex

West Sussex County Council Cabinet Member for Children and Families Peter Evans said: "I would urge every eligible young person in West Sussex to make the most of this opportunity and ensure they have their vote in the UK Youth Parliament election.

"The MYPs, together with our West Sussex Youth Cabinet, play a vital role in helping to ensure that the views of young people are heard and used to inform decisions both locally and nationally."

Details of the candidates and their manifestos can be found on the Your Space West Sussex website at www.yourspacewestsussex.co.uk/elections2013.

## Appeal for witnesses to Selsey robbery

A 13-YEAR-OLD boy has been assaulted and robbed in Selsey.

The incident happened on Tuesday 19 February just after 7pm as the victim was walking through the recreation ground called Manor Green Park. He was approached by a group of teenage boys all wearing black. The group pushed him from behind to the floor.

The suspects kicked the boy while he was on the ground repeatedly. They have then rifled through his pockets removing various items including a Blackberry Curve 9320 mobile phone, cash and a set of blue and white headphones. The victim suffered minor injuries and was shaken.

Detective Constable Mike Mckee said: "I am keen to talk to anyone who saw any suspicious activity in the area on the 19 February. If anyone has been offered similar items for sale in recent days please make contact with Sussex Police."

Anyone with information is asked to contact police on 101 quoting serial 1485 of 19/02 or the independent charity Crimestoppers anonymously on 0500 555111.

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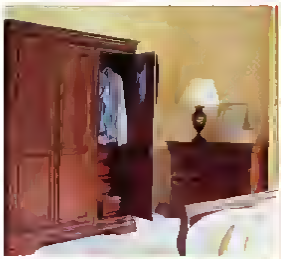

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# University presents generous community donations to Foodbank

Professor Clive Bebbington with Joanne Kondakeka from Chichester Foodbank

THE UNIVERSITY of Chichester recently welcomed a local charity on to campus to hand over donations raised at the University's Christmas Carol Service.

Joanne Kondakeka from Chichester Foodbank visited the University's Bishop Otter Campus in Chichester to meet Vice-Chancellor Professor Clive Bebbington, and to collect the proceeds from donations made at the University's Carol Service at Chichester Cathedral.

The University's Christmas Carol Concerts are free and non-ticketed but donations are encouraged, the proceeds of which each year are then given to a local charity.

Clive said: "We are delighted to be able to support the important work that Chichester Foodbank does to help people in our community. It is fitting that the Carol Service, in which the University joins together with our local community, should be the event at which these donations were collected."

Joanne said: "We rely totally on the public for funding and food donations and are really grateful for the recent support of the University of Chichester in their kind donation from the Carol Service. This money will be used to go towards the on-going costs of running the project and some will be placed in our van fund which will help us collect food and distribute it to those who cannot get into Chichester."

Chichester Foodbank has helped to feed over 300 people since it was opened in September 2012 by churches in Chichester, under the leadership of Chichester Family Church. Using the model of the national organisation the Trussell Trust, Chichester Foodbank works with local care professionals who give vouchers to those in crisis, which are then exchanged for 3 day food parcels at the distributon centre in Orchard Street.

# Celebrating 31 years of Harbour Walks

THE EVER POPULAR Festival of Harbour Walks returns this year celebrating 31 years of walking Chichester Harbour.

Over three consecutive days in June, walkers will be able to enjoy excellent views, good company and great walking around Chichester Harbour. The three walks follow shoreline footpaths and include stops at many of our picturesque harbour villages. Led by guides with an extensive knowledge of the area, each day will be an informative and enjoyable experience.

The walks are between 10 – 12 miles each. As all the walks are linear a coach will take us to the start point each morning. Most lunch breaks are at harbour sailing clubs and each day includes a break for coffee and cake so walkers can relax and enjoy the views.

Judi Darley, who has organised the festival, says: "We have moved the date to June this year so hopefully we can welcome more new walkers to the Festival. This is always an enjoyable event and makes a great introduction to Chichester Harbour."

Full details and booking forms can be downloaded at www.conservancy.co.uk or call 01243 513275.

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# Let's talk Cosmetic Surgery.

**Jeremy Hurren, Consultant Plastic Surgeon will be hosting a free talk on Thursday 7th March entitled "Cosmetic surgery of the breast and body". This will be a talk about cosmetic breast surgery (enlargement, reduction and uplift), tummy tucks, liposuction and body contouring.**

**Following this Jeremy will be holding a Free One-to-Ones on Saturday 16th March.**

**TALK**

**Oate:** Thursday 7th March

**Time:** 7:45pm

**Place:** Chichester Fitness & Wellbeing Centre, Chichester Gate, Chichester PO19 8EL

**FREE ONE-TO-ONE**

**Oate:** Saturday 16th March

**Time:** 9-11am

**Place:** Nuffield Health Chichester Hospital, 78 Broyle Road, Chichester, West Sussex, PO19 6WB

**To book, call 0845 4853898**
**Find out more at nuffieldhealth.com/hospitals/events**
Places are limited, book now to avoid disappointment.

Nuffield Health

# MP discusses development concerns with Council leaders

ANDREW Tyrie has met with Diane Shepherd the Chief Executive of Chichester District Council, and Heather Caird, Council Leader, to discuss the Chichester District's forthcoming Local Plan.

Chichester does not, at present, have a Local Plan. This is causing some concern amongst residents who believe that the interim planning policy is allowing for development in unwanted areas.

The initial outline of Chichester District Council's Local Plan is expected in the spring and it will set out the areas local housing targets, where development will be focused, and how the local infrastructure will be improved to support this.

The Local Plan sets the rules for how an area will develop over time, and along with any Neighbourhood Plan, forms the overall development plan for the area. The new National Planning Policy Framework requires every local planning authority in England to have a clear, up to date Local Plan. These plans should be based on the objectively assessed needs of the area, set out opportunities for development and clear policies on what will or won't be permitted.

Mr Tyrie has, for a long time, been concerned about the impact of new development on the character of the area. He met with Diane Shepherd and Heather Caird to discuss how development could improve local infrastructure and services for existing residents, primarily through the new Community Infrastructure Levy, and New Homes Bonus.

The Community Infrastructure Levy is a new levy that local authorities can charge on new developments in their area, replacing section 106 agreements. The money raised can be used to fund infrastructure that the local community wants.

The New Homes Bonus is a grant paid by central Government to local councils for increasing the number of homes in the area, and is based on the amount of extra Council Tax revenue raised.

Andrew Tyrie, MP for Chichester, said: "I am deeply concerned about the level of development in the absence of the accompanying infrastructure – roads, drainage, and schools. Getting the Local Plan right is essential. It's an opportunity to improve the area for existing homeowners. We had a long and helpful discussion about this."

Heather Caird, Council Leader, said: "I'm going to protect the area. We have a great opportunity to provide homes, jobs and facilities of the right type in the right place and at the right time to benefit present and future generations.

"We are required to balance the social, economic and environmental needs of the area, and by having a local plan we aim to protect the valued landscape and heritage of the area, provide new housing to meet current and future needs, maintain and enhance our historic city centre, and use money from developers and other sources to make sure that we have adequate services and community facilities to support new developments.

"Without the Local Plan, we will not be able to access vital funds to support new developments, and it will be difficult for us to control where development is placed."

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DAY EXCURSIONS

11 Apr HAIRSPRAY WITH LUNCH OPTION Mayflower Theatre
13 Apr MOUNTBATTEN FESTIVAL OF MUSIC Royal Albert Hall
17 Apr THE MOUSETRAP Theatre Royal Brighton
25 Apr THE FULL MONTY Mayflower Theatre
26 Apr JAMES LAST & HIS ORCHESTRA BIC Bournemouth
01 May WALKING WITH DINOSAURS Wembley Arena
02 May DOLLY PARTON'S 9 TO 5 WITH LUNCH OPTION Mayflower Theatre
03 May MICHAEL BALL - Both Sides Now Tour The Brighton Centre
06 May SINGING IN THE RAIN Palace Theatre
09 May HIGH SOCIETY Mayflower Theatre
15 May FILM MUSIC GALA 2013 with the Royal Philharmonic Orchestra Royal Albert Hall
15 May LES MISERABLES Queens Theatre
17 May THE ROCKY HORROR SHOW Mayflower Theatre
17 May DIRTY DANCING New Victoria Theatre Woking
13 Jun BURN THE FLOOR with Robin Windsor & Kristina Rihanoff Shaftesbury Theatre
13 Jun CATS WITH LUNCH OPTION Mayflower Theatre
14 Jun THE BODYGUARD Adelphi Theatre

15 Jun BRUCE SPRINGSTEEN Wembley Stadium
15 Jun CLIFF RICHARD Still Reelin' & A Rockin' Tour Probiz County Ground Hove
20 Jun FRANKIE VALLI & THE FOUR SEASONS BIC Bournemouth
25 Jun JONATHAN & CHARLOTTE BIC Bournemouth
27 Jun STRICTLY CONFIDENTIAL WITH LUNCH OPTION Mayflower Theatre
05 Jul ROBBIE WILLIAMS Wembley Stadium
22 Jul DAVID BOWIE IS EXHIBITION NEW V&A Museum
25 Jul ONCE, THE MUSICAL Phoenix Theatre
31 Jul A CHORUS LINE London Palladium NEW
01 Aug BILLY ELLIOT Victoria Palace Theatre
24 Aug PETER PAN, THE NEVER ENDING STORY NEW Wembley Arena
31 Oct GHOST THE MUSICAL WITH LUNCH OPTION Mayflower Theatre
14 Dec JOOLS HOLLAND & GUESTS NEW Brighton Centre
15 Dec DIVERSITY - LIMITLESS The Brighton Centre
17 Dec JLS BIC Bournemouth
17 Dec BOYZONE Brighton Centre NEW
23 Dec ANDRE RIEU & HIS JOHANN STRAUSS ORCHESTRA Wembley Arena NEW
02 Apr 2014 MIRANDA HART - MY WHAT I CALL, LIVE SHOW Brighton Centre NEW

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## NEVILLE'S ISLAND
A COMEDY IN THICK FOG
by **TIM FIRTH**

## MINERVA THEATRE

22 APRIL–8 JUNE
**HADLEY FRASER JOANNA GOODING**
## THE PAJAMA GAME
Words and music by **RICHARD ADLER** and **JERRY ROSS**
Book by **GEORGE ABBOTT** and **RICHARD BISSELL**
Based on Bissell's novel *7½ Cents*

14 JUNE–27 JULY **WORLD PREMIERE**
## IF ONLY
By **DAVID EDGAR**

15 AUGUST–14 SEPTEMBER
**HENRY GOODMAN**
## THE RESISTIBLE RISE OF ARTURO UI
By **BERTOLT BRECHT**
In a translation by **GEORGE TABORI** revised by **ALISTAIR BEATON**

18 SEPTEMBER–19 OCTOBER
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By **JULIAN MITCHELL**
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Adapted by **DAVID WOOD**

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# Every day is judgement day

Airbrushing

Gracie Cliffe

'IT' WHAT'S on the inside that counts' is something that is drilled into most of us from a young age. But if this is the case, then why do we all spend so much time obsessing over the way we come off to other people? Why do we feel the need to cover up with make up and waste hours trying to make our hair fall just right or spend hundreds of pounds on the same clothes and shoes as everybody else to try fit in? Because the world is a judgemental place.

My mum always says to me that I should never care about what random people think of me because the chances are I'm never going to see them again in my life. Good point. But if the only thing I'm getting judged on is my appearance then looking the same as I do when I wake up in the morning really isn't going to cut it. Maybe that says more about my self confidence than it does anything else, but I'm sure most of you can relate with me.

Sometimes it can just feel like you're walking into a situation where everyone is looking at you and judging you. Going to school becomes a competition of who can puff up their hair the highest, roll up their skirt the most and stuff the most books or cosmetics, into the smallest handbag. The funny thing is that of my school there isn't even anyone to impress because it's all girls. The thing pushing us all is the pressure we feel and the need to compete with each other.

But who can blame us. We are made to believe that skinny is perfect. That flawless is what we should aspire to be. Thanks to the multi billion pound industry of magazines thrown at glowing, airbrushed celebrities in our faces that makes money off of our insecurities. If only we could ignore them.

If your best friend came up to you upset about their appearance or something someone said about them, you would probably say something like 'Don't listen to them' or 'You are beautiful on the inside and out'. But can you take your own advice and go out au naturale? Probably not. I know I can't.

Let us know what you think

@chiherald

# Children's pop up play activities

CHILDREN and their parents got the chance to find out how to get away from the PC and enjoy playing with simple toys like plastic bottles, lentils, hula hoops and even home-made playdough.

In an initiative from Affinity Sutton and Hyde Martlett Housing Associations, together with Chichester Community Development Trust, Play Mosaic, who also organise children's parties, ran two "pop up play" sessions at Graylingwell Park, Chichester and Tangmere Village Hall.

Over 50 children attended along with their parents playing games with lots of messy stuff and the mums didn't even have to clear up.

The sessions provided free for local families attracted a wide age range to include a 5 month old baby. Sandy Parkinson, Hyde Plus Regeneration Coordinator, said: "It's important for us to get to know our residents and events like these, we can show them they don't have to spend a fortune on toys to keep their children amused."

Jane Haskins, Neighbourhood Investment Officer, said: "We are discussing the idea that Chichester CDT, Affinity Sutton, Hyde Plus and CDC will provide more of these sessions during Easter and Summer holidays. These events will also give residents the chance to find out more about welfare reforms and what help is available from their housing providers."

Play mosaic can be contacted at admin@playmosaic.co.uk

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5th Capital Curios
7th Arundel, Lancing College Chapel and afternoon tea stop
11th Fish and Chip Special
13th London Zoo
16th Banbury an Market Day
18th Lee Valley Olympic Tour with cruise and cream tea included
30th Southampton Shopping

**APRIL**
2nd Eastbourne
22nd Christchurch on Market Day with Cream Tea at Cliffhonger Restaurant
25th Hastings
30th The Kentish Lady boat trip with Fish and Chips

**MAY**
2nd Greenwich, back by popular demond
4th Little Venice, London - The Canal Cavalcade 2013
7th Exbury Gardens
9th Southampton Shopping
11th Lymington Street Market and Beaulieu
15th A day by the River - Kingston Upon Thames
29th Arundel Carpet of Flowers & Roundstone Garden Centre and Hobbycraft

**JUNE**
1st A day on the Southbank, London
11th Lyndhurst & Cranborne Manor Gardens
14th National Trust Greys Court, Henley on Thames Oxfordshire
16th Wells, Somerset
18th Salisbury on Market Day and Golden Acres Garden Centre
20th The Vale of Pewsey, driving through the Wiltshire Countryside

**JULY**
2nd Ryde and the Isle of Wight Steam Railway with Cream Tea
5th Lyme Regis - The Pearl of Dorset
6th The Farnham Maltings Monthly Market and Farnham
10th Tour of the New Forest and Cream Tea at Station House, Burley
11th RHS Hampton Court Flower Show
13th Weymouth and The Dorset Sea Festival
15th Wareham River Cruise with lunch included
21st Bath in Wiltshire
22nd Highclere Castle, Gardens and Egyptian Exhibition (home of Downton Abbey)
24th Romsey and Broadlands
30th New Forest Show

**AUGUST**
14th State Rooms at Buckingham Palace (inc exhibition to mark the 60th Anniversary of the Queen's Coronation)
14th A Day in London
16th Westrings Summertime Meander
19th The John Finkerton Canal Cruise and Fish & Chips at the Waterwych PH
22nd Windsor & Frogmore House and the Windsor Farm Shop
27th Wakehurst Place

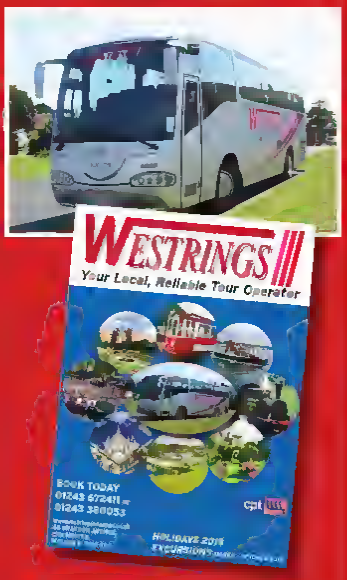
**SEPTEMBER**
8th Duxford Air Show
19th Seaton and The Seaton Tramway
24th Olympic Legacy Tour inc morning coffee and carvery lunch
26th Swanage

**OCTOBER**
1st Richmond Upon Thames and The Poppy Factory Tour
3rd WWT London Wetlands Centre, Barnes
16th Tower of London
18th Autumn Tint Drive

### WESTRINOS 2013 HOLIDAYS

**APRIL:** Warners Holme Lacy, Herefordshire

**MAY:** Hidden Highlights of the Cotswolds

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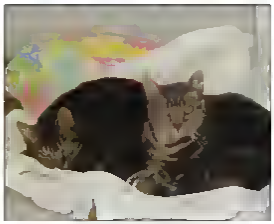

Tabby older kittens KM120_122 12 need a home

CAT AND RABBIT RESCUE admitted more than 300 unwanted kittens in 2012, and the only way to resolve this is to encourage people to get their cats spayed, so this special price hopefully will lessen the number of unwanted cats and kittens. This is for female cats only but we still have our normal £20 neuter scheme for male cats, and male or female rabbits.

The Cat and Rabbit Rescue is funding the neutering (spaying) of female cats and kittens older than 4 months at a £10 cost to the owner and this could take place at a vet local to you within The Rescue's area. If you have an un-neutered female cat or kitten more than 4 months old and you cannot afford to get her spayed please phone The Rescue on 01243 641409.

January and February have been good for rehoming, but Cat and Rabbit Rescue are still being asked to take an average of 4 unwanted or found animals per day, so if you can offer a responsible home for a cat, kitten, rabbit or guinea pig please ring. If you get your pet from this Rescue Centre, it not only saves a life, but it includes vaccination, microchip, neutering, flea and worm preventative treatment, 4 weeks pet insurance, where relevant. There are more than 200 animals still waiting for homes.

Visits are strictly by appointment.

**Cat and Rabbit Rescue Centre, Holborow Lodge, Chalder Lane, Sidlesham, Chichester, PO20 7RJ. www.crrc.co.uk. Tel: 01243 641409.**

# Holly checks out the surf

(Credit: Simon Bassett) Holly takes to the water

BRITISH CHAMPION Holly Bassett was out braving the cold surf this weekend at West Wittering beach. The surf arrived with a predicted small swell but picked up really well on the many sand bars at West Wittering beach.

The sand banks at West Wittering beach are throwing up some great surf leads of peaks mainly lefts but plenty of rights. The sand bars were rocking just before and after high tide – Bertie's Reef was ripping – outer banks were starting to work as well as the Hayling Bar.

Holly, 14, who lives in Itchenor and is current Junior Girls ESUFA Wave British Champion, was making most of a very cold session with sea temperature hovering 4 degrees C and air temp 1 with a nasty wind chill. Dad Simon Bassett, who is head trainer for The British Stand Association and owner of X team (West Wittering), said: "You have to have the right gear on this time of year- be in good shape and stay close to the shore line. We always paddle surf in a group, it's a lot more fun and good for safety – we had great time out there this weekend.

# Breast is best- if you can do it

Chichester Nursery School, Children and Family Centre

*By Becky Edwards (Children's Centre Co-ordinator) and Nicki Graham (Family Outreach Work)*

WHEN you consider the benefits of breastfeeding, it is little wonder that the 'breast is best' message is always promoted to expectant mums.

Breastmilk is perfect nutrition for your baby. It's free, convenient and can protect against a whole host of illnesses including eczema, vomiting bugs and chest infections. Breastfed babies are less likely to be obese adults and develop diabetes and breastfeeding mums have a lower rate of breast and ovarian cancers. Breastfeeding can also be an incredible bonding experience – there is something very special in sharing those quiet times and watching your baby grow, knowing it is down to your very own milk.

Despite its advantages, breastfeeding isn't always easy. Baby magazines and books are filled with serene images of mums nursing their babies, and all the advice tells us that breastfeeding is the most natural thing in the world. This is true, but breastfeeding can take time and perseverance. It's really important to remember that you and baby are learning a new skill, so both of you may be hesitant and unsure. You may be driven to distraction by marathon feeding sessions and cracked nipples, or your baby may be reluctant to accept the wonder food you are offering, after all, he didn't read the pregnancy manuals! Instead of your newborn gazing into your eyes and happily latching on to feed, you may find that your baby is a tiny ball of fury, arching his back and screaming at the mere sight of your nipple.

The key to making it all a bit easier is getting the right support. Don't be afraid to ask your midwife to help you with latching on or positioning in the days following birth and allow yourself to accept practical help from family and friends, this will help you to relax and spend time getting to know your baby and feed on demand. Another invaluable source of support is your local MILK group - (usually based in your local Children's Centre). Have you can share experiences with other mums and get advice from Health Visitors and trained Peer Supporters. Remember that every day of breastfeeding is important and once breastfeeding is established, your sense of achievement is immeasurable and is reflected in your thriving baby.

But breastfeeding doesn't always work. If you can't breastfeed, you can feel vulnerable and inadequate at times when you should be feeling nurtured and supported. The one thing we all have in common as mums is wondering if we have done things the 'right' way and feeling guilty that we haven't. So remember, just because you haven't managed to breastfeed, doesn't mean you have failed as a mum. Nursing simply means nurturing and nourishing your baby and as a mum you do that in so many ways.

"Breast is best," if you can do it, so keep trying for as long as you can, but breastfeeding is only one part of your parenting journey. So enjoy the newborn days and just wait until you start weaning!

**For more information or support with parenting visit Chichester Nursery School, Children and Family Centre. Or phone: 01243 642950. Website: www.chichester-nur.w-sussex.sch.uk**

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# Chichester Business

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# New HR business for local companies

IN MANY small to medium sized businesses having an HR Department is often a luxury that has to be done without, despite the value it could add to the business.

At South Coast HR they want to make that luxury a reality, and provide small and medium sized businesses with practical, affordable help and support.

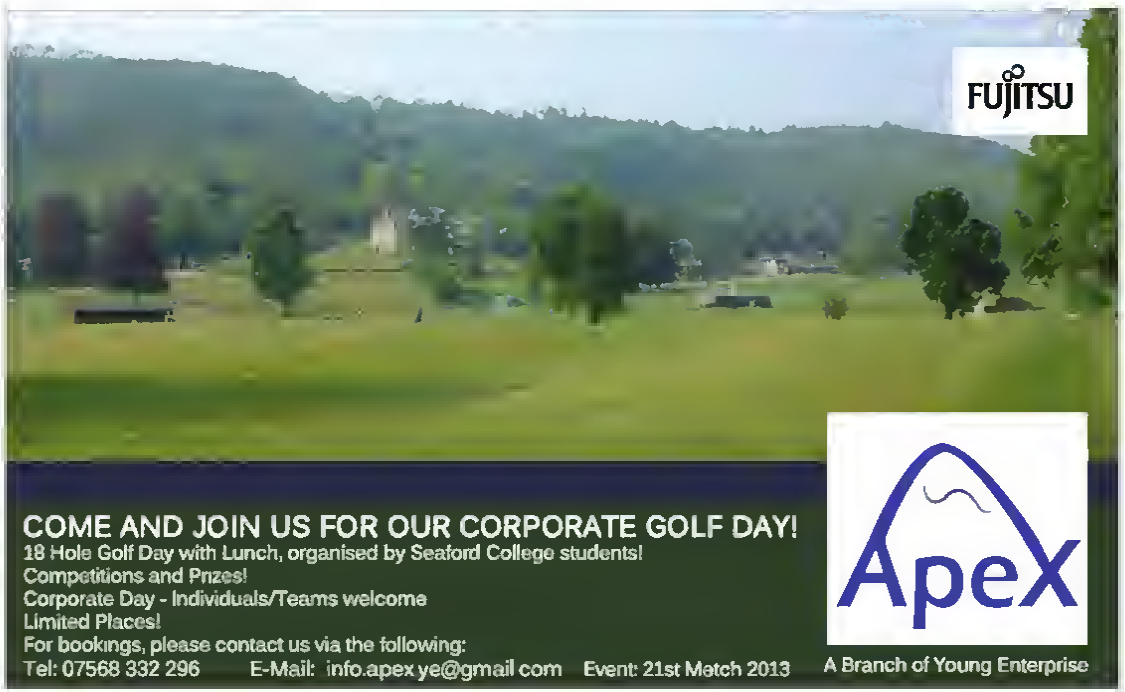
Their help and support is tailored to meet your business and your specific requirements. They don't have a 'one size fits all approach' and will tailor their approach to you, your style and your business. They can...

- Come on site and conduct difficult meetings with you / for you
- Advise over the telephone and by email
- Draft letters / official communication to staff
- Draft essential employment documents

South Coast HR's founder and your main contact is Emily Perry, a fully CIPD qualified, experienced HR professional. Emily grew up with and is still involved in a small but successful family business, has dabbled in the corporate HR world but returned to small businesses in standalone HR positions, and latterly as a consultant for small to medium sized employers. She fully understands the pressures, fears and constraints you face as a business and will work with you to tackle any difficult staffing situations, ensure you are legally compliant and help you achieve your goals through your people.

Emily says: "I truly believe that there is absolutely no need for HR or Employment Law to be scary – but completely understand that it can be, and often is for an owner managed business. Having grown up in a family business and having worked with and in a number of small to medium sized employers over the years I know first hand the pressures faced and how important staff are in the success of your company but also the risks of getting things wrong. I also run my own business – so like you I am doing it too! It is critical to get the right staff, with the right skills and attitudes for your business – but that's only the start. You need to make sure you have all the right legal documents in place, keep up to date with changes in legislation, manage performance – good, bad and ugly – and deal with those tricky situations when they arise. I know only too well the impact that just one staff member can have on an entire company, and the importance of dealing with those problems quickly, and within the law. This is where I am different to some of the other HR providers out there – I don't operate out of a call centre, I understand the differences between a large corporate businesses and an owner managed businesses, and I have actually been there and haven't just worked in a big company or local government environment."

Call us them on 01243 717693 or email contact@sc hr.co.uk to find out more and see how we can help your business – www.sc hr.co.uk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# CFT announces 2013 line-up

THEATRE IN THE PARK, a temporary state-of-the-art auditorium, will stage two productions at the heart of Chichester's Festival 2013. The brand new space will be erected in June while the £22 million RENEW redevelopment of the Festival Theatre continues.

Mirroring the Festival Theatre's auditorium, the purpose-built temporary building will house 1,400 seats and a thrust stage. It will be just a few minutes' stroll across Oaklands Park from the Festival Theatre site.

Theatre in the Park will be unveiled with a major revival of the musical Barnum, presented in association with Cameron Mackintosh. Directed by Timothy Sheader, Artistic Director of Regent's Park Open Air Theatre, this production will star the versatile and consummate Broadway entertainer Christopher Fitzgerald in the title role.

Angus Jackson directs Neville's Island, the second production to be staged in the Theatre in the Park. Tim Firth's comedy about a disastrous outward bound expedition promises to be a technically and visually ambitious staging.

Richard Eyre returns to Chichester to direct the musical The Pajama Game, which opens the Festival season in the Minerva Theatre. Love is in the air at the Sleep Tite Pajama Factory but sparks fly when employees are refused a pay rise.

Other highlights of Festival 2013 include the return of the critically acclaimed production The Resistible Rise of Arturo Ui by Bertolt Brecht, one of the undoubted hits of Festival 2012. Directed by Chichester's Artistic Director Jonathan Church, the production will once again feature Henry Goodman reprising his award winning performance in the title role. Set in Chicago in the 1930s during the Great Depression, the play is a powerful and sharp-witted parable of the rise of Hitler. Following the Chichester run, the play will transfer to the West End's Duchess Theatre.

The second play to be directed by Angus Jackson during Festival 2013 will be the world premiere of political drama If Only by David Edgar, which takes a witty and astute look at the world of coalition government.

The season ends with Another Country, Julian Mitchell's sensitive exploration of sexuality and politics, set against the backdrop of a public school. Directed by Jeremy Herrin, Another Country is co-produced with Theatre Royal Bath Productions and in association with Fiery Angel.

Chichester Festival Youth Theatre, directed by Dale Rooks, will present Roald Dahl's The Witches in the Minerva Theatre over the Christmas period.

Since their appointment in 2006, Jonathan Church and Alan Finch have explored ways of developing a younger audience. Chichester Festival Theatre was one of the most successful participants in the Arts Council's A Night Less Ordinary scheme to give away tickets to young people in 2009-10. During 2012 the Theatre also attracted a significant proportion of younger audience members through its temporary pop-up auditorium, Theatre on the Fly, which staged three critically acclaimed productions, Blue Remembered Hills, Playhouse Creatures and Fred's Diner.

Chichester Festival Theatre remains committed to encouraging independent theatregoing among younger people during Festival 2013 and this has led to the launch of a new scheme for 18 – 25 year olds. A special allocation of tickets priced at just £8.50 for all performances in both Theatres will be released one month before each production opens. Alongside this initiative, the Theatre is revising its approach to ticket pricing by introducing a flexible system. This will fix ticket prices at an early-bird rate for a certain period. After this time, the Theatre will have the option to vary prices in response to demand for the most popular performances.

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# Cloud Atlas (15)

FOUR out of Five stars

**Running time: 172 mins**
**Director: Tom Tykwer, Andy Wachowski, Lana Wachowski**
**Starring: Tom Hanks, Halle Berry, Jim Broadbent, Ben Whishaw, Jim Sturgess, Doona Bae, James D'Arcy, Hugo Weaving, Susan Sarandon, David Gyasi, Keith David**

**Madly ambitious and powerfully emotional, this is an impressively directed, superbly written and brilliantly edited fantasy epic with fantastic (multiple) performances across the board.**

**What's it all about?**

Co-directed by Tom Tykwer (Run, Lola, Run) and Andy and Lana Wachowski (The Matrix Trilogy), Cloud Atlas is based on the epic novel by David Mitchell, in which a series of interconnected stories echo through the generations.

Chronologically, the stories are as follows: In 1849, lawyer Adam Ewing (Jim Sturgess) falls ill after he helps stowaway ex-slave Autua (David Gyasi) aboard a ship returning to America from the South Pacific, in 1936 Edinburgh disinherited musician Robert Frobisher (Ben Whishaw) writes letters to his lover Rufus Sixsmith (James D'Arcy) when he takes a job assisting famous composer Vyvyan Ayres (Jim Broadbent), in 1973 San Francisco, journalist Luisa Rey (Halle Berry) uncovers a conspiracy at the Swanneke Island nuclear power plant, assisted by both scientist Isaac Sachs (Tom Hanks) and aging Sixsmith (D'Arcy), in 2012 England, publisher Timothy Cavendish (Broadbent) is imprisoned in an old people's home by his own brother (Hugh Grant), in 2144 Neo Seoul, replicant Sonmi-451 (Doona Bae) is being interviewed by an Archivist (D'Arcy) before her execution for starting an uprising alongside revolutionary Hae-Joo Chang (Sturgess), and on Big Island, 106 winters after the Fall, post-apocalyptic tribesman Zachary (Hanks) agrees to guide future race Prescient Meronym (Berry) to a secret mountaintop fighting off a vicious cannibal (um... Hugh Grant) along the way.

**The Good**

The (multiple) performances are excellent, even if the make-up jobs are often borderline hilarious (Hugh Grant cannibal) or quite freaky-looking (Doona Bae as Ewing's Caucasian wife). Standouts include Whishaw as Frobisher, Berry as Luisa and Broadbent, who's both laugh-out-loud funny as Cavendish and monstrous as Ayres, while there are also a number of delightful supporting turns, such as Hanks as an Irish gangster-turned author or a heavily made-up Grant as Broadbent's scheming brother.

**The Bad**

It's fair to say some of the stories are more effective than others (Sonmi 451's story is as thrilling as any recent Sci-Fi blockbuster, Zachary's story is comfortably the weakest), but at its best, the film is dizzying, inventive and madly ambitious. Similarly, though the connections between the stories aren't quite as strong as they could have been, there are still powerfully emotional themes running through all six strands, such as the power of love and the importance of kicking against injustice and repressive authority figures.

**Worth seeing?**

Epic in both scope and ambition, Cloud Atlas is a hugely enjoyable, fast-paced fantasy drama that's both genuinely thrilling and powerfully emotional. Recommended.

## BBC expert to give free talk at Gallery

ART AND ANTIQUES expert Rupert Toovey is heading to the Otter Gallery at the University of Chichester on Wednesday 6th March to give a free talk about modern art.

Mr Toovey, who appears in the popular BBC television series Bargain Hunt, will appear Gallery on the University's Bishop Otter Campus to explore the meaning of modern art. The talk will take place at 12.30pm and you can book a place by emailing galleryevents@chi.ac.uk or calling 01243 816095.

His talk will be set against the current exhibition Presence, which is a display of work by students studying the University's MA in Fine Art. The exhibition shows the interaction between the ideas and concerns of the students and the place of material outcomes in the research process, and provides an insight into the research-in-action at the heart of the student experience.

## Chichester Art Society has a special treat for aspiring artists!

COMING UP in March, Chichester Art continues its successful run of workshops with a series of four on Learn To Paint In Oils, a medium that many leisure artists long to try. Improvers may also find the workshops useful, especially if they have never had any formal instruction in oils.

The dates are March 28th, April 11th, May 16th and 25th. All Thursdays 10am - 2pm. Each workshop is limited to 15 participants and is at the Bassil Shuppam Centre, Tozer Way, St Pancras, where there is parking and easy access.

Sessions can be booked separately, but maximum benefit comes from attending all four. Cost is £25 per session for members and £30 for non-members, with a concession if all four are booked together.

Lucie Cookson is an award-winning local artist known to many from courses at the Tidy St Art Studio at Birdham Pool. Lucie is a sympathetic and encouraging tutor and successfully ran eight workshops for the Society last year on Life and Portrait Study.

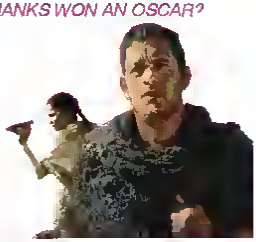
Chichester Art Society's workshops have proved extremely popular this year, so anyone interested should contact the Secretary on 01243 602360 or email jean.campbell@zen.co.uk for further details of dates and times. Website: www.chi-art-soc.org and you can also follow the Society on Twitter at Chichester Art Society.


# WIN 2 TICKETS AT CINEWORLD

*FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION*

*Q. HOW MANY TIMES HAS TOM HANKS WON AN OSCAR?*

*A. ONE*
*B. TWO*
*C. THREE*



Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk.** One lucky winner will be selected at random. Closing time is Tuesday 5th March 2013 at midday. The winner will be notified later on that day.

▪ Last weeks winner is Isobel Sanders from Chichester

[illegible] apply

cineworld CINEMAS

**Cineworld Chichester**
Chichester Gate, Chichester, PO19 8EL – 0871 200 2000

# New Park films for the week ahead

VANESSA REDGRAVE is the Marion in question in Song for Marion, Terence Stamp Arthur married to Marion, a shy grumpy pessimist who is reluctantly inspired by his wife to join a local choir. He sets to odds with James, his son, Elizabeth (Gemma Arterton), the charismatic choir director doing her darndest to get access to Arthur that lifts for living, not grumbling. Marion alone knows that underneath the grouchy persona, Arthur is a remarkably tender person – but he only shows this side of him to her. In this moving and often funny film, Arthur begins to evaluate his life while singing, this heart-warming movie joined on March 11 and 12 by Young At Heart, the documentary which inspired Song for Marion.

Emmanuelle Riva, a recent BAFTA Award winner, stars with Jean Louis Trintignant in Michael Haneke's highly acclaimed Amour. Magnificent in its simplicity and relentless honesty about old age, the film centres on Anne and Georges, musicians who live in Paris. Anne undergoes changes to her health which Georges with remarkable tenderness, cares for, their bond of love tested. But they can't deny visits from their needy daughter Eva (Isabelle Huppert) who is kept partly in the dark about her mother and scorns treatment she is receiving and is ignorant of the ultimate test of love shown by Georges to Anne.

This Cannes Palme D'Or winner is joined by a further French language film jewel, Love Crime, starring Kristen Scott Thomas as ruthless executive Christine who brings in Isabelle (Ludivine Sagnier) as her assistant, the older woman taking pleasure in toying with the young woman's innocence in this Hitchcockian thriller. But Christine underestimates her assistant, the film noir suspense beautifully filmed, the jazzy score superb.

Zeytoun, from Israel, tells the tale of Yom, an Israeli pilot who crash lands in Beirut prior to Israel's ill fated invasion of the country in 1982. Captured by a group of PLO fighters including Fahed, a young orphan and refugee who wishes to return to his family's home, Yom and Fahed find themselves on the run from rival militias their unlikely friendship taking shape in the most extreme of circumstances. The award-winning film captures the irony and tragedy found in this beautiful land, director Eran Riklis (The Syrian Bride, The Lemon Tree) avoiding cliché and sentimentality.

The Hitchcock season kicks off with The Lodger, the master's 1926 silent thriller which he believed was the first true Hitchcock movie. Set in fog bound London, the city is terrorised by a Jack the Ripper-style murderer known only as The Avenger, his victims blonde young women. All discovered on Tuesday nights. Matinee idol Ivor Novello stars as the lodger.

Book soon for Andrea Bocelli in Concert (Mother's Day Special Screening)

Book soon for Andrea Bocelli in Concert (Mother's Day Special Screening) and Aida, two of the Performance specials, the latter coming from La Scala, Milan, Riccardo Chailly directing a fine cast including Roberto Alagna as Radames.

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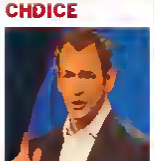
Please note this offer is only available to supporters who have purchased a season ticket in the last three seasons. Tickets also available at the Amex ticket office or from the club shop in Queens Road, Brighton.

# SATURDAY'S TV 2.03.13

## CHOICE



**Alexander Armstrong**

**Pointless Celebrities: Comic Relief Special**
**BBC1, 6.10pm**
Over the past couple of years, it's seemed like comedy partners Ben Miller and Alexander Armstrong were going their separate ways. Miller has been solving murders in the Caribbean in the BBC's hit Death in Paradise, while Armstrong has been busy asking people to name elements on the periodic table and grand slam tennis winners on this quiz show. But now they are about to be reunited once again in a special Comic Relief edition of Pointless – well, sort of. Miller is actually competing on the quiz.

## BBC1

6.00 Breakfast 10.00 Saturday Kitchen Live 11.30 Nigel Slater's Simple Cooking (R) 12.00 BBC News: Regional News; Weather
12.15 Football Focus 1.00 Film: The Shaggy Dog (2006) 2.30 Live Athletics: 4 x 2k Final Score 3.20 Animal Antics 3.50 BBC News; Regional News; Weather
4.10 Pointless Celebrities Comic Relief Special Fast Show's Paul Whitehouse and Charlie Higson. Death in Paradise actors Danny John-Jules and Ardal O'Hanlon and comedians Ed Byrne and Shappi Khorsandi compete
7.00 Let's Dance for Comic Relief Vanessa Feltz, Keith Duffy, Lee Nelson (ventriloquist Nina Conti) and newsreaders Jon Gaunt and Sonali Shah compete with music by Nicola Scherzinger and Jason Derulo
8.25 The National Lottery: In It to Win It Dale Winton presents the celebrity-filled contestants get their wits to scoop a big cash prize. Includes the National Lottery draws
9.15 Casualty Big Mac thinks he may have finally found his dream woman and lets her believe he is a doctor, while Ash clashes with Zoe by carrying out a risky procedure without her knowledge
10.05 BBC News; Weather
10.25 Match of the Day Including Manchester United v Norwich City; National Lottery Update
11.55 The Football League Show Highlights of today's games in the Championship, League One and League Two
1.10 Weatherview 1.10 BBC News.

## BBC2

6.00 This Is BBC Two 7.10 Great British Menu (R) 8.00 Great British Menu (R) 8.20 Great British Menu (R) 9.00 Great British Menu (R)
9.30 Great British Menu (R) 10.00 A History of Britain by Simon Schama (R) 11.00 Meet the Ancestors (R) 11.30 Mad Man (R) 12.00 Indian Food Made Easy (R) 12.30 Masterchef (R) 1.00 University Challenge (R) 1.30 Talking Pictures 2.15 Film: Doctor in the House (1954) 3.40 Coast 4.25 Live Athletics
6.00 Flog It! Trade Secrets
7.00 Top Gear Jeremy Clarkson and Richard Hammond dress up as pole to elderly people. James May gets acquainted with the latest Range Rover and James McAvoy drives the Reasonably Priced Car (R)
8.00 Dara's Army Wilmington-on-Seas's power and neuromonica band services are run off, but Captain Mainwaring needs to the noose on by declaring martial law (R)
9.30 Queen of Tigers: Natural World Special Wildlife cameraman Colin Stafford-Johnson returns to India to follow the progress of tiger Machi and chart the extraordinary mothering of her life (R)
10.30 Howard Goodall's Story of Music The composer examines the history of the past 100 years in music known as the popular age – a period when classical music was manufactured to be dead-set. Last in the series
11.30 Film: The First Grader (2010) Premiere. Fact-based drama starring Oliver Litondo and Naomie Harris.
12.00 Film: The Private Lives of Pippa Lee (2009) 1.40 This Is BBC Two.

## ITV

6.00 CITV: Handy Manny 6.15 Handy Manny 6.25 The Hive (R) 6.35 The Hive. (R) 6.45 Dive Dan. (R) 7.00 Dino Dan. (R) 7.10 Caimals (R) 7.20 Caimals (R) 7.25 Bookaboo 7.40 Matt Hatter Chronicles (R) 8.05 Ultimate Spider-Man. 8.30 Share a Story: Behind the Scenes. (R) 8.40 Jesse 8.25 ITV News 9.00 The Jeremy Kyle Show USA 10.25 My Tasty Travels with Lynda Bellingham. (R)
11.20 Dinner Date. (R) 12.25 ITV News Weather 12.30 Film: Calumet Negative Pascal. (1974) 2.35 The Chase: Celebrity Special (R) 3.35 Film: Dragonheart (1996) 5.30 Regional Programme Weather 5.45 ITV News Weather
6.00 You've Been Framed and Fantastic Harry Hill showcases some of the best celebrity-fooled-an-clips sent in by viewers (R)
7.00 Ant & Dec's Saturday Night Takeaway Tim Bezorde duo perform an embarrasser prank on Jeremy Kyle
8.10 The Cube New series. A fired girlies find a competitive swimmer to try to complete a series of increasingly difficult tasks on the hope of winning a jackpot of £250 000.
9.10 The Jonathan Ross Show The host chats to actor and comedian Jack Whitehall (Fresh Meat) and American pop star Bruno Mars, who also performs live
10.10 ITV News Weather
10.30 Film: Body of Lies. (2008) Premiere. A CIA agent pursuing a terrorist in caught between allegiance to his superiors and the local intelligence chief. Thriller starring Leonardo DiCaprio.
12.50 Jackpot247 3.00 In Plain Sight (R) 3.45 ITV Nightscreen

## CHANNEL 4

6.10 The Heales (R) 6.35 The Heales. (R) 7.00 Will & Grace. (R) 7.25 FIM: Silverstone Weekend Championship 7.55 The Morning Line 8.05 Everybody Loves Raymond. (R) 9.25 Everybody Loves Raymond (R) 9.50 Frasier (R) 10.20 Frasier. (R) 10.50 The Big Bang Theory (R) 11.20 The Big Bang Theory (R) 11.45 The Simpsons (R) 12.20 The Simpsons. (R) 12.50 Undercover Boss USA (R) 1.45 Channel 4 Racing 4.05 Come Dine with Me (R) 4.35 Come Dine with Me (R) 5.05 Come Dine with Me (R) 5.40 Come Dine with Me (R)
5.40 Channel 4 News
6.10 Come Dine with Me (R)
6.40 Channel 4 News
7.00 4thought Iv Suggested replacements for the Pope
7.05 Edward VIII: The Plot to Topple a King An archivist ships a bill to remove the monarch (R)
8.00 Kevin McCloud's Man Made Home The Grand Designs presenter continues his project by searching for items to transform the shell of his wooden cabin into a habitable home, including a floor-to-window wall mirror (R)
9.00 Film: Transporter 3 (2008) Underworld manner Frank Martin transports and kidnapped daughter of a crooked government ministry across Europe. Action thriller sequel with Jason Statham
11.00 Film: Jumper (2008) Fantasy thriller starring Hayden Christensen
12.45 Tim Minchin: Ready for This? (R) 2.15 Spaniland 2.50 Hollyoaks (R) 3.50 Countdown (R) 5.45 Making Mad with Erin Lanlard (R)

## CHANNEL 5

6.00 Milkshake! 10.00 Power Rangers Samurai. (R) 10.30 Batman: The Brave and the Bold. 11.00 Looney Tunes (R) 11.15 Highland Emergency (R) 11.45 Robbins's Extreme Fishing Challenge (R) 12.45 Meet the Ancestors. (R) 1.45 Film: Mosquito Squadron. (1969) 3.30 Film: Vera Cruz. (1954) 5.20 Film: Ghisum (1979)
7.25 5 News Weekend.
7.30 CSI: NY The team is called in to investigate the murder of a girl dressed as a virtual world character – and a search of her computer reveals she had been conducting an online relationship. (R)
8.10 NCIS Ingrid tries to the death of a Marine and the team squarely in the middle of an inner-city gang war forcing Gibbs to confront a secret from his past. (R)
9.10 NCIS One of Tony's old murder investigations is reopened, prompting him to switch roles with Gibbs and lead the team in an enquiry that takes him close to an embezzlement scheme. (R)
10.00 Law & Order: Special Victims Unit Benson and Stabler are faced with a dilemma when a child abuse suspect offers to reveal the identity of a controversial child rights group's leader in exchange for an attempt
11.00 Law & Order: Criminal Intent A war veteran is accused of killing a escort's boyfriend.
12.30 SnaterCasino 4.00 Housetonkers. (R) 4.25 Divine Designs (R) 4.50 Comity Secrets (R) 5.15 Hana's Helpline (R) 8.10 The Milkshakin' Show (R) 5.40 Thomas & Friends. (R) 5.50 Rosy the Racing Car. (R)

## DIGITAL

**BBC Three**
7.00 Let's Dance for Comic Relief 9.15 Film: Tim Sommer's Apprentice (2010) 10.00 Being Human 11.00 People Like Us

**BBC Four**
7.00 The Story of British Fathe 8.00 Mark Lawson Talks to Mark Knopfler 9.00 Beating of the Mervis Kings of the Ring 10.00 Film: Gabrielle Man (2005)

**ITV2**
2.20 Film: Dennis (1993) 4.10 Film: Beethoven (1992) 6.00 You've Been Framed? 7.35 Film: Ocean's Thirteen (2007) 10.00 The Only Way Is Essex 10.50 Big Rich Texas 11.50 Celebrity Juice

**ITV3**
3.50 Film: The Lively Lady (1976) 6.40 Murder She Wrote 8.50 Agatha Christie's Poirot 9.00 Film: Dead Calm (1989) Suspense thriller with Nicole Kidman and Sam Neill. 11.00 Wycliffe

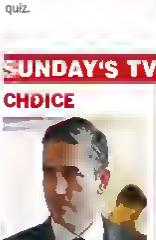
**ITV4**
3.30 TT Legends 4.00 UEFA Champions League Weekly 4.30 Film: Binns Brothers (2000) (1998)
7.00 The Sweeney 9.00 Premiership Rugby Un ion 9.00 Film: Lethal Weapon 2 (1989) 11.20 Film: Smokey and the Bandit II (1980)

**E4**
4.35 Revenge 8.30 The Big Bang Theory 9.30 New Girl 10.00 How I Met Your Mother 10.30 Friends: Stardust (2007) 11.30 Rude Tube 11.35 The Big Bang Theory: Access All Areas

**Film4**
3.10 Akeelah and the Bee (2006) 5.20 Inspector Gadget (1999) 6.55 X-Men: The Last Stand (2006) 9.00 This Is England (2006) Shane Meadows drama set in the 1980s starring Thomas Turgoose 11.05 Nine to Five (1980)

# SUNDAY'S TV 3.03.13

## CHOICE



**Jim Caviezel**

**Person of Interest**
**Channel 5, 9pm**
The Machine throws out the social security number of young entrepreneur Adam Sanders, who works for a Wall Street trading company. Reese goes undercover posing as a new investor in the firm, while Finch raids Adam's apartment and discovers multiple shoeboxes stuffed with $200 bills. Upon further investigation, the pair ascertain that the trader possesses classified information about his company that would put its entire future in jeopardy and he is planning to expose it. Drama starring Jim Caviezel and Michael Emerson.

## BBC1

8.00 Breakfast 7.25 Match of the Day 9.00 Tim Andrew Marr Show 10.00 The Big Donsitions.
11.00 Sunday Politics, Weather for the Week Ahead 12.20 Countryfile (R) 1.10 Sarsa n Hunt (R) 2.00 Call the Midwife (R) 3.00 Walk on the Wild Side 3.30 Escape to the Country (R) 4.30 Songs of Praise. 5.05 Penguins – Spy in the Huddle. (R)
6.00 Doodly Do o o Mission Steve Backshall searches for the world's deadliest animals
6.35 BBC News: Regional News Weather
7.00 Countryfile The dialect of Northumberland, the Victorian man who powered his house with water and the possible impact of the proposed new high-speed rail link on thin mountainside including Weather for the Week Ahead
8.00 Call the Midwife Cynthia tends a diabetic man who turns out to be a terrible bully to his wife. Jenny feels after a blank-muffled-to-ban hang, subjected to racial prejudice, and Chummy relents.
9.00 Magday New series. Drama about the search for a missing teenage girl
10.00 BBC News Reg onal News; Weather
10.20 Match of the Day 2 Action from Tottenham Hotspur v Arsenal.
11.15 Room 101 – Extra Storage With Craig Revel Horwood, Sha la Hancock and Jon Richardson Last in the series
11.55 The Sky at Night The results of astronk Moore's last Winter Marathon
12.15 The Apprentice USA 1.40 Weatherview 1.45 BBC News.

## BBC2

6.00 This Is BBC Two 7.10 Films: Hot Enough for June. (1964) 8.45 Life in a Cottage Garden with Carol Klein (R) 9.15 A to Z of TV Gardening 10.00 Live Athletics
11.40 EastEnders (R) 1.30 MasterChef: The Professionals Uncovered (R) 2.30 Eric Idle (R)
3.15 Live Athletics
8.00 Food & Drink. (R)
8.30 The Sea King: Britain's Flying Past. (R)
7.30 Open All Hours. Miserly shopkeeper Arkwright employees a sales assistant in a bid to boost profits. With Granville demonstrating the perfects. (R)
8.00 Top Gear Part one of two. Jeremy Clarkson, Richard Hammond and James May visit Africa on a mission to find the definitive source of the Nile as no grid, ingenuity and ageing rotator cars
9.00 The Truth About Mnlens: A Horizon Special Professor Iain Stewart explores what meteorites and asteroids are where they come from, the dangers they pose and the role they have played in Earth's history
10.00 Mock the Week: Looks Back at Health New series. Highlights of the topical comedy panel show. Health is the subject of this first episode, including another chance to hear about Dara O Briain's onerous exercise regime
10.30 Dancing on the Edge Stanley plans to help Louise leave the country. Last in the series. (R)
12.00 Film: The Science of Sleep (2006) 1.45 Sign Zone: Holby City (R) 2.45 Being Eileen (R) 3.10 This Is BBC Two.

## ITV

6.00 CITV: Handy Manny 6.15 Handy Manny 6.25 The Hive (R) 6.35 The Hive. (R) 6.45 Dive Dan. (R) 7.00 Dino Dan (R) 7.10 Caimals (R) 7.20 Caimals (R) 7.25 Bookaboo 7.40 Matt Hatter Chronicles (R) 8.05 Ultimate Spider-Man. 8.30 Share a Story: Behind the Scenes. (R) 8.40 Jesse 8.25 ITV News 9.00 The Jeremy Kyle Show USA 10.25 My Tasty Travels with Lynda Bellingham. (R)
11.20 Dinner Date. (R) 12.25 ITV News Weather 12.30 Film: Calumet Negative Pascal. (1974) 2.35 The Chase: Celebrity Special (R) 3.35 Film: Dragonheart (1996) 5.30 Regional Programme Weather 5.45 ITV News Weather
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12.50 Jackpot247 3.00 In Plain Sight (R) 3.45 ITV Nightscreen

## CHANNEL 4

6.10 The Heales (R) 6.35 The Heales. (R) 7.00 Mark Webber: Tasmania Challenge 8.00 Everybody Loves Raymond. (R)
8.30 Frasier (R) 9.00 Frasier. (R)
9.30 Sunday Brunch 12.15 The Big Bang Theory (R) 12.35 The Big Bang Theory (R) 1.05 The Simpsons. (R) 1.35 The Simpsons. (R) 2.05 Film: The Princess Diaries. (2001) 4.25 Time Team
5.30 Deal or No Deal
6.05 Channel 4 News.
6.55 4thought Iv Suggested replacements for the Pope
7.00 Ottolenghi's Mediterranean Feast Chef Yotam Ottolenghi's culinary journey takes him to Istanbul, Turkey where he tastes fish from the waters of the Bosphorus and samples the street food.
8.00 Mehdi Stinks Fireball from Space Commentary about the meteorite that crashed into Russia's Ural mountains in February, including previously unseen footage and expert insight from astrophysicists.
9.00 Film: The Tourist. (2010) Premiere. A woman tries to make the police think a tourist is her criminal lover with his appearance surgically changed. Thriller with Johnny Depp and Angelina Jolie.
11.05 Film: The Quick and the Dead (1995) A female gunslinger turns up at a frontier town for a shooting contest and to settle an old score. Western with Sharon Stone
1.05 Jenk Whitehall: My Funniest Year (R) 3.00 4Families: Uncle (R) 3.20 Gl Elsewhere (R) 4.15 Deal or No Deal (R) 4.10 Countdown (R)
4.05 Kirstie's Handmade Treasures (R)

## CHANNEL 5

6.00 Milkshake! Peppa Pig 6.55 Rosy the Racing Car (R) 6.15 Fin and the Fluffenkins (R) 6.25 Bert and Ernie's Great Adventures (R)
6.30 The Mr Men Show (R) 6.45 Milkshake! Monkey 7.00 6.5! Olivia the Ostrich (R) 6.55 Bubby's Flying Fairy School (R) 7.05 Postman Pat's Custard Pies (R) 7.10 Baranan in Pyjamas (R) 7.25 Animal Antics (R) 7.30 Make Way for Noddy (R)
7.40 Olly of Frost ies (R) 7.50 Little Princess (R) 8.05 The Adventures of Bottle Toy, Bill and His Best Friend Corky (R) 8.20 Mr Men (R) 8.25 Angelina Ballerina (R)
9.40 Milkshake: Show Boogie (R) 8.45 Rupert Bear (R) 9.00 Ben and Holly's Little Kingdom (R) 9.15 Toby's Travelling Circus 9.30 Rosy the Racing Car (R) 9.45 Jelly Jamm (R) 10.00 Power Rangers Samurai. (R) 10.35 Batman: The Brave and the Bold. 11.00 Grim Adventures of Billy & Mandy (R) 11.30 Looney Tunes (R)
12.00 Film: Pet or Academy 2: Third First Assignment (1985)
1.40 Film: Son Nl: Evil, Hear No Evil (1989) 3.30 Film: Dirty Rotten Scoundrels. (1988) 5.45 Beat the Ancestors
6.40 5 News Weekend
6.45 Film: Rocky (1976) Oscar-winning boxing drama starring Sylvester Stallone.
9.00 Person of Interest Reese protects a young entrepreneur.
10.00 Film: Cranic High Voltage Premiere. Thriller starring Jason Statham (2010)
11.50 Film: Renegade Justice (2007) Act on thriller starring Steven Seagal
1.45 SnaterCasino 4.00 HenseHunters. (R) 4.25 Divine Designs (R) 4.50 Comity Secrets. (R) 5.15 Hana's Helpline (R) 5.10 The Milkshake! Show (R) 5.40 Thomas & Friends. (R) 5.50 Rosy the Racing Car. (R)

## DIGITAL

**BBC Three**
7.00 Let's Dance for Comic Relief 9.15 Film: Tim Sommer's Apprentice (2010) 10.00 Being Human 11.00 People Like Us

**BBC Four**
7.00 The Story of British Fathe 8.00 Mark Lawson Talks to Mark Knopfler 9.00 Beating of the Mervis Kings of the Ring 10.00 Film: Gabrielle Man (2005)

**ITV2**
2.20 Film: Dennis (1993) 4.10 Film: Beethoven (1992) 6.00 You've Been Framed? 7.35 Film: Ocean's Thirteen (2007) 10.00 The Only Way Is Essex 10.50 Big Rich Texas 11.50 Celebrity Juice

**ITV3**
3.50 Film: The Lively Lady (1976) 6.40 Murder She Wrote 8.50 Agatha Christie's Poirot 9.00 Film: Dead Calm (1989) Suspense thriller with Nicole Kidman and Sam Neill. 11.00 Wycliffe

**ITV4**
3.30 TT Legends 4.00 UEFA Champions League Weekly 4.30 Film: Binns Brothers (2000) (1998)
7.00 The Sweeney 9.00 Premiership Rugby Un ion 9.00 Film: Lethal Weapon 2 (1989) 11.20 Film: Smokey and the Bandit II (1980)

**E4**
4.35 Revenge 8.30 The Big Bang Theory 9.30 New Girl 10.00 How I Met Your Mother 10.30 Friends: Stardust (2007) 11.30 Rude Tube 11.35 The Big Bang Theory: Access All Areas

**Film4**
3.10 Akeelah and the Bee (2006) 5.20 Inspector Gadget (1999) 6.55 X-Men: The Last Stand (2006) 9.00 This Is England (2006) Shane Meadows drama set in the 1980s starring Thomas Turgoose 11.05 Nine to Five (1980)

## Monday

**BBC1** 6.00 Breakfast. 9.15 Hex Hunters. 10.00 Homes Under the Hammer (R) BBC News Weather 11.00 Saints and Scroungers. 11.45 Britain's Empty Homes Revisited BBC News Weather 12.15 Bargain Hunt. 1.00 BBC News Weather 1.30 Regional News, Weather 1.40 Doctors 2.10 Only Fools and Horses (R) 3.00 Beat the Pack. 3.45 Escape to the Country (R) 4.30 Put Your Money Where Your Mouth Is. 5.15 Pointless. 6.00 BBC News Weather 6.30 Regional News Programmes, Weather 7.00 The One Show. 7.30 EastEnders BBC News Regional News. 8.00 Holby City. 9.00 Mayday. 10.00 BBC News. 10.25 Regional News Weather. National Lottery Update. 10.35 The Mall Lucas Awards. 11.05 Cuckoo. 11.35 Who Do You Think You Are? US. 12.20 Film The Killing Fields (1984) Fact-based drama starring Sam Waterston. 2.35 Weatherview. 2.40 BBC News.

**BBC2** 6.00 This Is BBC Two. 6.10 Homes Under the Hammer (R) 7.10 Saints and Scroungers (R) 7.55 Britain's Empty Homes Revisited (R) 8.25 Sign Zone Show Me the Monet. (R) 9.10 Countryfile. (R) 10.05 Robbert Rastlest Reunited. (R) 10.35 HARDtalk. (R) 11.00 BBC News 11.30 BBC World News. 12.00 Daily Politics. 1.00 The One Show (R) 1.30 Weakest Link. (R) 2.15 Coast. 2.20 Classic Mastermind. (R) 2.50 Britain's Heritage Heroes. (R) 3.20 Great British Food Revival. (R) 4.20 The Living Planet (R) 5.15 Vintage Antiques Roadshow. (R) 6.00 Eggheads. 6.30 The Great British Winter 7.30 Great British Menu 8.00 University Challenge 8.30 Food: A Drink. 9.00 The Flying Scotsman: A Rail Romance. 10.00 Never Mind the Buzzcocks. (R) 10.30 Newsnight Weather 11.20 The Truth About Meteors: A Horizon Special. (R) 12.20 Sign Zone Film 2013. (R) 12.50 This is BBC Two. 4.00 BBC Learning Zone.

**ITV** 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather 1.55 ITV News London Weather. 2.00 Dinner Date. (R) 3.00 The Alan Titchmarsh Show. 3.50 ITV London Weather. 4.00 Ade in Britain. 5.00 The Chase. 6.00 ITV News London Weather. 6.30 ITV News; Weather 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Cornwall with Caroline Quentin. 9.30 Coronation Street. 9.00 Broadchurch. 10.00 ITV News at Ten Weather. 10.30 ITV News London Weather. 10.35 The Agenda. 11.05 Monk. (R) 12.00 Jackpot247. 3.00 Champions League Weekly. 3.25 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

**Channel 4** 6.10 The Hoobs. (R) 6.35 The Hoobs (R) 7.00 According to Jim (R) 7.30 Everybody Loves Raymond. (R) 7.55 Everybody Loves Raymond (R) 8.30 Frasier (R) 9.00 Frasier (R) 9.30 Frasier (R) 10.00 The Secret Millionaire USA (R) 11.00 Phil Spencer: Secret Agent (R) 12.00 Channel 4 News Midday Summary. 12.05 Come Dine with Me (R) 12.35 What's Cooking? 1.45 A Place in the Sun: Home or Away. 2.45 Countdown. 3.30 The Common Denominator. 4.00 Deal or No Deal. 5.00 Four in a Bed (R) 5.30 Come Dine with Me. 6.00 The Simpsons (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 #thoughtv. 8.00 Dexter's Laboratory. 8.05 Ben 10. 8.30 Adventure Time. 8.55 Regular Show. 9.20 Uncle Grandpa. 9.45 Total Drama Island. (R) 5.15 Vintage Antiques Roadshow. (R) 6.00 Eggheads. 6.30 The Great British Winter 7.30 Great British Menu. 8.00 University Challenge. 8.30 Food: A Drink. 9.00 The Flying Scotsman: A Rail Romance. 10.00 Never Mind the Buzzcocks. (R) 10.30 Newsnight. Weather. 11.20 The Truth About Meteors: A Horizon Special. (R) 12.20 Sign Zone Film 2013. (R) 12.50 This is BBC Two. 4.00 BBC Learning Zone.

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**Channel 5** 6.00 Milkshake! 9.15 The Wright Stuff. 11.10 Trisha. 12.00 Looney Tunes. (R) 12.10 5 News Lunchtime. 12.15 Danger Diggers at Work. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 NCIS. (R) 3.10 Film: Till Love Us Part. (2007) 5.00 5 News at 5. 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Beat the Ancestors. (R) 5 News Update. 8.00 Police Interceptors. 5 News at 9. 9.00 Reboots Extreme Fishing Challenge. 10.00 Manchester United: Munich Air Crash. 11.00 Film: Finday (1979) 1.20 SuperCasino. 4.00 House Doctor. (R) 4.45 Michaela's Wild Challenge. (R) 5.10 Wildlife SOS. (R)

## Tuesday

**BBC1** 6.00 Breakfast. 9.15 Hex Hunters. 10.00 Homes Under the Hammer (R) BBC News Weather 11.00 Saints and Scroungers. 11.45 Britain's Empty Homes Revisited BBC News Weather 12.15 Bargain Hunt (R) 1.00 BBC News Weather 1.30 Regional News, Weather 1.40 Doctors 2.10 Only Fools and Horses (R) 3.00 Beat the Pack. 3.45 Escape to the Country (R) 4.30 Put Your Money Where Your Mouth Is. 5.15 Pointless. 6.00 BBC News Weather 6.30 Regional News Programmes, Weather 7.00 The One Show. 7.30 EastEnders BBC News Regional News. 8.00 Holby City. 9.00 Mayday. 10.00 BBC News. 10.25 Regional News Weather. National Lottery Update. 10.35 The Mall Lucas Awards. 11.05 Cuckoo. 11.35 Who Do You Think You Are? US. 12.20 Film The Killing Fields (1984) Fact-based drama starring Sam Waterston. 2.35 Weatherview. 2.40 BBC News.

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**ITV** 6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 1.30 ITV News. Weather 1.55 ITV News London Weather. 2.00 Dinner Date. (R) 3.00 The Alan Titchmarsh Show. 3.50 ITV London Weather. 4.00 Ade in Britain. 5.00 The Chase. 6.00 ITV News London. Weather. 6.30 ITV News; Weather 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Cornwall with Caroline Quentin. 9.30 Coronation Street. 9.00 Broadchurch. 10.00 ITV News at Ten. Weather. 10.30 ITV News London. Weather. 10.35 The Agenda. 11.05 Monk. (R) 12.00 Jackpot247. 3.00 Champions League Weekly. 3.25 ITV Nightscreen. 5.05 The Jeremy Kyle Show. (R)

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*Food & Drink*

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# Death of the family meal

WORKING FAMILIES are struggling to find enough time each week to enjoy even a basic sit-down meal together, according to findings from Santander Home Insurance. The research reveals that 8 per cent of working adults with children at home say they get to sit down for a family meal less than once a week, including weekends. A further 15 per cent only sit down for a family meal once or twice a week including at the weekend.

The findings are part of a study of how much time Britons spend in their home in a typical week. The study reveals that many Brits feel they don't spend enough time at home with 25 per cent stating they feel they have less time to spend in the home than they did a few years ago. Over a quarter (27 per cent) of working adults say they rarely or never have time to do household tasks such as DIY or household chores, and one in four (22 per cent) say their home sometimes feels like merely a place to eat and sleep rather than a real home.

Nineteen per cent of working adults say they don't have enough free time to spend any quality time with their family.

The study reveals that during the working week, the typical working adult spends just two hours and 19 minutes per day at home with their families, and a further two hours and eight minutes at home doing activities like working or using a computer with no family interaction.

Men spend less time than women with their families, spending just two hours and four minutes with them per working day, compared to two hours and thirty six minutes for working women.

Working Brits spend an average of one hour and eight minutes a day commuting, one hour and one minute carrying out other activities outside the home such as shopping, and fifty-eight minutes getting ready for work. An average of fifty minutes a day is spent carrying out hobbies or interests outside the home.

Richard Al-Dabbagh, Santander Home Insurance, said: "The pressures of 21st century life in Britain mean that many people have very little time to do things in the home like spend time with their family, take care of regular chores like paying the bills or do DIY around the home. We spend more time working than we spend doing anything else and as a result, family traditions like a meal around the table are gradually slipping."

**Typical day during the working week for working Britons**

- Activity – Average hours spent on activity per typical working day
- At work 6h 53m
- Asleep 6h 44m
- At home with the family e.g. eating together or talking to each other 2h 19m
- At home but not interacting with the family e.g. on the computer or working 2h 8m
- Travelling to or from work 1h 8m
- Other activities outside the home e.g. doing the shopping 1h 1m
- Getting ready for work 58m
- Socialising outside the home e.g. going to the pub 50m
- Hobbies/interests outside the home e.g. playing sport 50m
- Other 1h 19m

## Waitrose Kitchen magazine signs Pippa Middleton as new columnist

WAITROSE has announced that Pippa Middleton has been signed as a new columnist for Waitrose's monthly magazine Waitrose Kitchen.

Her column will first appear in the April issue of the title, on sale in Waitrose from 28th March, and will feature casual dining ideas and recipes.

William Sitwell, now celebrating ten years as editor of the award winning Waitrose Kitchen, said, "Pippa will be an excellent contributor to the magazine, bringing with her a wealth of experience of entertaining, gained in part from working at her family's party business. Readers will love her relaxed and easy entertaining ideas which will help with the preparation for all sorts of occasions."

Pippa Middleton commented: "I'm delighted to be writing for Waitrose Kitchen, a magazine that's always been a source of inspiration to me, for its extensive spectrum of food and beautiful style. My column, 'Pippa's Friday Night Feasts' will be an exciting opportunity to share my own passion and enthusiasm for food and entertaining and I can't wait to get started."

Waitrose Kitchen, published by John Brown Media, is available in Waitrose shops every month and costs £1.20 or is free of charge to Waitrose, John Lewis and Partnership Cardholders and myWaitrose members.

## All Waitrose canned tuna to carry MSC logo

WAITROSE has announced an industry leading pledge to carry the MSC (Marine Stewardship Council) logo on its range of canned tuna.

All Waitrose canned tuna is already pole and line caught, since 2009. This latest move will give customers an easily spotted assurance that it is sourced in a responsible way.

Waitrose sells nearly three million cans of own label tuna each year, all under its essential Waitrose brand. The logo will be added to the first cans at the beginning of March, rolling out to the rest of the range in the weeks following. All cans will feature the logo by the first week of April.

Says Waitrose Buyer John Vine: "The blue tick is well recognised by our customers so we're pleased to offer them this added reassurance on such a regular shopping basket product. All our canned tuna is our essential Waitrose brand, proving that customers don't need to buy top of the range food to know it's been sourced in an ethical way."

Says Toby Middleton, MSC UK Country Manager: "This is a fantastic development, for Waitrose, for the MSC and crucially for shoppers. By adding the MSC ecolabel onto cans of one of the nation's favourite fish is giving consumers the power to reward sustainable fishing, and to help transform the world's oceans towards a sustainable future."

All Waitrose canned tuna comes from the Maldives where the pole and line skipjack fishery has recently attained its MSC-certified status.

The canned tuna will complement Waitrose jars of albacore tuna, which already carry the MSC logo, meaning all Waitrose cans and jars of tuna are certified

the ship chichester
MENU
TODAY
all at £12.50
Monday • Chilli Con Carne
Tuesday • Beef and Mushroom Stroganoff
Wednesday • Coq au Vin
Thursday • Wild Boar Sausages and Mash
Friday • Plaice Meuniere
Saturday • Cajun Chicken Burger
Sunday • Roast Sirloin of Beef
Please see other daily dishes on our blackboards
SHARERS
The Ship's Plank
£25 for 2
Smoked trout crumble cola baked chicken wings potted venison with prune chutney, mini burgers, king prawn cocktail, parmesan straws buck rarebit chilli con carne and sour cream hand cut chips red cabbage sauerkraut soup shot bread board olive oil and balsamic vinegar
Vegetarian Plank
£20 for 2
Tempura oyster mushrooms with saffron aioli buck rarebit vegetable chilli and sour cream hand cut chips feta stuffed bell peppers parmesan straws broccoli chilli and pine nut salad soup shot red cabbage sauerkraut bread board olive oil and balsamic vinegar
Whole baked Camembert truffle oil cumberland sauce & breads
£9.95 for 2
Chestnut Tree House Restaurant Challenge
At this important time of the year we are aiming to again raise a substantial amount for our local children's hospice, Chestnut Tree House. We hope you will wish to help us to support this amazing organisation. Today we would like to add an optional £1 to your bill. 100% of this donation will go directly to the hospice. Thank you in advance for you kind donation
Chestnut Tree House
Children's Hospice Care
STARTERS
Soup of the Day £4.95
Smoked trout crumble £5.95
Potted venison £6.50
Cumberland sauce pumpkin seed bread
Grilled sardines garlic butter £6.25
Black pudding croquette £5.95
Poached egg and prune chutney
King prawn and salmon cocktail £7.25
Grilled goats cheese £6.25
Micro herb salad creamed oyster mushroom
Seared scallops spinach puree £7.95/£15.50
Parmesan and pancetta crisps
MAIN COURSES
Vegetarian Dishes
Trio of Chicken poached drumstick, sauteed breast, fried oyster cut, asparagus and potato cream £14.50
£12.50
Seafarers fish and chips, peas and tartare sauce £14.25
Fennel seed rolled pork fillet, maple glazed pears £11.95
ek topping
'I have to say the food is EXCELLENT, high quality and good value'
'Loads of flavour and good value'
'Really welcoming staff, great food and an excellent night'
'Can't wait to return'
'A little gem in the heart of the city'
'Superb food topped with excellent service'
'Many thanks to everyone for making the evening great'
'The staff could not do enough to please us and the food was 2nd to none'
'I am a regular at the hotel and always find it a fantastic place to go for food and drink'
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PO19 1NH
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Fax 01243 788000
email enquiries@theshiphotel.net
www.theshiphotel.net

# Time for us to get real

SPRING is just round the corner so let's move out of our winter hibernating and get real with what our body needs. This is a simple fact that we all need to remember. The body heals EIGHT times faster with exercise!

WHY. Exercise floods the body with oxygen and rids it of toxins via the lymphatic system. The body has two circulatory systems, one for blood and the other for lymph (a colourless fluid that bathes every cell in the body). The blood is lucky as it gets its own pump, the heart. The lymphatic circulation is only pumped by exercise! So if you don't exercise, your tissues don't get nutrients, including oxygen, and the cells die by stagnating in their own acidic waste products. That is such a lovely thought. If you are unwell and unable to do anything too strenuous, light exercise is better than no movement at all and if you are bed ridden visualize yourself exercising. You may laugh at me but never underestimate the power of the mind and how it can make things into a reality. That's a whole other conversation!

Detoxing and removing toxins from your body is essential for great health, energy and vibrancy. Other things you can use to start your spring clean are massage and acupuncture which are both amazing for moving blockages stimulating energy flow, and creating lymph drainage. Sauna and steam baths help to stimulate water based organs such as your kidneys, bladder and lungs, which are all routes of elimination for your toxins. Don't forget that dry skin brushing is so simple, yet so effective. The skin is your largest organ in your body and it is said we are capable of dumping between two and five pounds of toxins out of our skin per day. Yuk! It helps to keep the skin pathways clear so waste can leave the body easily and also stimulates the lymphatic system as well as massively improving cellulite. Hot baths are incredibly calming and can be so therapeutic too. Add some baking soda, sea salt or Epsom salts for detox purposes. They help to pull out heavy metals, radiation and acids. Baking soda is extremely alkalizing to your body so very helpful to a toxic environment.

Denise Kelly

The oleic acid found in avocados can actually help lower cholesterol

So, what are you waiting for, you have no excuse now not to start introducing at least some of these body cleansing routines into your lifestyle.

**Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K4 Fit Kidz. Tel: 01243 528040 www.deniseckelly.co.uk**

## The beauty of avocados

THE monounsaturated fats in avocados are a great example of how healthy fats can benefit your health. For example, the oleic acid found in avocados can actually help lower cholesterol. In one study, after just seven days on a diet that included avocados, individuals with moderately high cholesterol levels were found to have significant decreases in total cholesterol and potentially harmful LDL cholesterol, along with an 11% increase in health-promoting HDL cholesterol!

They are fantastic sources of Vitamin A, Vitamin B12 and Vitamin B6 and the absorption of two key carotenoid antioxidants – lycopene and beta-carotene – increases significantly when fresh avocado (or avocado oil) is added to your daily diet!


Grace Waxing & Beauty Therapy

4 The Chambers, 28 Chapel Street, Chichester, PO19 1DL
(find us on the first floor above Harmony Acutherapy)

Treat your Mum this Mothers Day
GIFT VOUCHERS are now available

£5 OFF
any treatment over £15 on presentation of this voucher

MALE WAXING

| Body Name | Small | Medium | Large |
|---|---|---|---|
| TORSO | | | |
| Chest | £10 | £15 | £20 |
| Abdomen | £10 | £15 | £20 |
| Chest & abdomen | £18 | £25 | £30 |
| Lower back | £10 | £15 | £20 |
| Upper back & shoulders | £10 | £15 | £20 |
| Full back & shoulders | £18 | £25 | £30 |
| Patches from | £7 | | |

Relaxing facial treatment 1hr £25
Includes cleanse tone exfoliate 20 minute face & shoulder massage mask tone & moisturize.

| | |
|---|---|
| Eyelash tint | £10 |
| Eyebrow tint | £6 |
| Eyelash & brow tint | £15 |
| Eyebrow shape & tint | £12 |

FEMALE WAXING

| LEGS | |
|---|---|
| ½ leg (knee to toes) | £12 |
| Bikini | £7 |
| full leg & bikini | £26 |
| full leg | £20 |
| ¾ Leg | £18 |
| ½ leg (thigh & bikini) | £20 |
| ½ leg (thigh) | £15 |
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| Forearm | £9 |
| full arm & underarm | £18 |
| full arm | £12 |
| FACE | |
| eyebrow shape | £7 |
| lip or chin | £4 |
| lip & chin | £7 |
| face (sides) | £7 |
| INTIMATE | |
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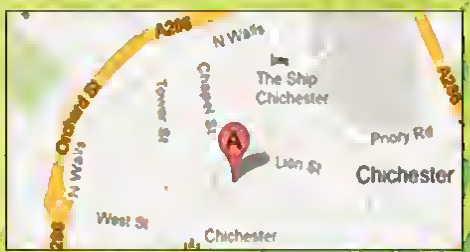


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# Grazing - 40% don't eat three meals a day

THE TRADITIONAL three meal a day diet could soon be a thing of the past – as Britain becomes a nation of grazers, research has revealed. Experts found as many as four out of ten of us now do not eat three square meals a day, with many opting for snacks and treats instead.

Breakfast is the most-skipped meal the study found, while it also emerged a large percentage of us require a steady stream of chocolate and crisps through the day.

More than half of those polled admit eating too many fatty and sugary foods instead of healthier options such as fruit, vegetables and nuts.

And as many as one fifth reluctantly confessed to living on a 'liquid diet' at weekends – thanks to boozy nights out on Friday and Saturday nights.

A quarter of these people will then have fry-ups or other stodgy food to soak up the hangover.

Reto Frei, CEO of Hints vegetarian restaurant, which conducted the study of 2,000 adults said: "Busy lifestyles can get in the way of a more balanced diet.

"In many cases people aren't deliberately opting for less wholesome food choices, but simply lack the ability to forward plan.

"It is often easier to pick up a snack on the way from A to B, than sit down and have a proper meal.

"But it is still possible to be healthy on the run, and not all snacks are bad for you."

The study found many adults admit having just three to four portions of fruit and vegetables a day rather than the recommended daily intake of five and upwards.

And while the majority went to eat more fruit and vegetables – with a third conceding that vegetarians are generally healthier than anyone else – two thirds of people find it hard, fitting in five portions of veg a day.

Government guidelines show Brits should be snacking on as many eggs as possible, as they are one of the most nutrient dense foods, and yet a fifth of adults never eat eggs while the average person only eats two a week.

A typical person will eat one portion of fish a week instead of the recommended two – while 50% ever eat oil rich fish such as mackerel and sardines.

One fifth of those polled also admit they often shower their meals with salt after it has been served, without even tasting it first.

The study also indicated a general lack of knowledge when it comes to understanding which foods are healthy, and which are not- more than half of those polled believe low fat yoghurts are good, without realising while they are low in fats, they are usually high in sugar.

One third of adults believe smoothies are a quick way of getting a fruit fix, but in fact many contain hidden sugars and even ice cream.

The same percentage of Brits think shop-bought salads are a healthy option, without considering the fatty dressings.

Cereal bars and yoghurt raisins also service to confuse many people – with bars containing copious amounts of sugar, and raisins being drenched in a fatty coating rather than actual yoghurt.

Reto Frei added: "Brits would be better off avoiding processed foods and eating more naturally grown alternatives instead.

"You can't go wrong with vegetables – you know where they have come from, there aren't any hidden ingredients and they are packed with vitamins and minerals, and best of all they taste great."

When asked why they think their diets aren't as healthy as they should be, 33% claim it's because they have a sweet tooth, while a third simply love to snack.

# Get Inspired! Read Barry's weightloss story

**READ about Barry's inspirational weight loss success; how a 44 year old who works at Mercer sitting at a desk lost 29kg in 6 months at Nuffield Health Club Chichester!**

IT ALL started with a trip to the doctors who suggested that Barry needed to lose some weight. Barry started off by buying a cross trainer and put it in his house. Unfortunately the sessions were irregular and he thought he needed to do something more. A newsletter arrived at work stating his employee benefits which included corporate gym membership. Barry went online to see which gyms were included and 3 in Chichester came up. Barry looked at a couple of gyms but chose to sign up with Nuffield as the location was perfect for him, close to the train station (as Barry lives in Brighton) and close to work!

Straight away Barry started with an in depth induction with Richard Reeve (Personal Trainer) who chatted about his goals and what he wanted to achieve. Barry had a few injury problems which Richard took into consideration when designing his work out sessions. He then booked in for his Health MOT and had a very shocking score of 40.

Barry found motivation in the workouts that Richard had planned but one day was convinced by Simon Webster (Fitness Manager) and 2 members to give a class a go! Barry began by taking part in his very first spinning class! This is where he found the extra motivation he needed.

He made changes to his diet the instant he started at the gym. He knew exactly where he was going wrong, he thought there would be no point to exercising without changing his food habits – it was a no brainer!

Barry started to get noticed at work for his weight loss and people were commenting on how well he was doing and he could see the results, this motivated Barry to start upping his game and to start taking part in circuit training as well as spinning! Barry now gets the 5.30am train from Brighton and is doing at least 3 spinning classes and 2 circuit classes once a week plus staying for the 15 minute ab blast afterwards, last week he even did 4 spinning classes!

Barry has now had his second Health MOT and achieved an overall score of 57.

He has had his second review with Richard who has updated his programme and has set Barry the goal of doing 1 unassisted pull-up and 1 no assisted dip.

Barry has a special occasion coming up- a memorial service for his dad and has now set himself the goal weight of 100KG. There will be lots of people at the memorial service that will not have seen Barry for some time who will no doubt be pleased to see his weight loss success.

Barry has had an amazing journey with his weight lose so far and has lost 29kg in 6 months- it can only be onwards and upwards from here.

Nuffield Health
fitness & wellbeing

**If you would like to find out more about how the team at Nuffield Health Chichester can help you reach your fitness goals, call the club on 01243 788678. All memberships packages include Health MOT assessments and personalised programs with reward incentives to keep you motivated to reach your fitness goals. This unique approach enables each member to track their fitness journey with full support from Nuffield Wellbeing Advisors. To apply for a free day guest visit to the club please go to: www.nuffieldhealth.com/chichester and simply enter your details.**

# Fashion & Lifestyle

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## Get set for the season with our fashion forecast and win £50 too!

YOU'VE had your clothes clear out, gained some wardrobe space and perhaps even gathered some pennies from selling your unworn garments! Now here's a guide on the most essential and wearable pieces to invest in from the Spring/Summer 2013 runways. Pick up one or two of these ideas and you're set for the season.

Sleek & White – Designers put emphasis on strong black & white looks for Spring 13, appropriate to wear all year round, easy to pull off and sleek enough to wear from office to bar, this look is the definition of wearable.

Bold Stripes – Demi-couture Fashion Week it was clear that Summer 13 will be striped. Think ornate, minimal or psychedelic, stripes were featured everywhere. With denim, they're all American with navy, they're nautical chic worn head to toe, they're just plain cool. Clash with red or teal accessories for a colour pop.

Floral Dresses – offering up a welcome alternative from corporate looks for the office, Spring 13 will feature belted floral dresses. Ultra feminine, with a cinched waist and longer hem, this look is easy and wearable for multiple occasions.

Dots – Delicate and sophisticated, the polka dot returns. The classic black and white duet

creates a minimalist look with an elegant edge. Keep the dots small for a modern approach.

Safari Palette– Natural tones, from beige basics to khaki prints, provide a wonderful backdrop for flashes of bright colour using scarves, clutches or jewellery.

Leather – Classic, long-lasting and fashion's most approved material, a luxe leather piece is your Spring/Summer investment. Leather jackets and leggings are going to be huge this season, look for earthy colours, berry, khaki and tan, to compliment the safari palette and failsafe black to wear with your stripes and polka dots.

### COMPETITION

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## Grooms more involved than ever in wedding plans

MODERN grooms play as much of a part in planning a wedding as brides do – and even help choose the flowers, research has revealed. Experts found modern men are more hands on than ever before, shattering the old stereotype of the 'let me know what time it is, I'll be there' generation.

The study found more than half of men now have the final say in the date of the big day, while 56% chose the venue.

One in twenty even had a say in the floral arrangements – formerly the bride's sole domain – and a third helped their wife-to-be choose the cake, the report by Austin Reed found.

A spokesman for Austin Reed wedding hire wear said: "This research shows most couples tackle the arrangements for the big day jointly.

"There has always been an assumption that it's brides who call the shots regarding the big day, but due to the huge cost of weddings now it makes sense the responsibility is shared.

"Naturally there are going to be elements of any wedding which are more suited to the bride or groom – everybody expects the groom to get fully absorbed in discussions about the bridesmaids' hair for example – but it's important there is room for the groom to stand out on his big day too."

Other jobs grooms took it upon themselves to organise included hiring the band, picking out suits for the best men, ushers and dads, and choosing the wedding car.

One third of grooms were also in charge of bagging with suppliers to get the best prices.

The study also found some traditions are still alive, with 52% of brides saying their parents contributed to their wedding but 44% of grooms' parents also helped to pay for some of the big day.

However, the majority of the bill is now footed by the bride and groom themselves.

But even grandparents will make a contribution, with one in twenty paternal grandparents coughing up and one in ten maternal grandparents offering to help financially.

Fortunately, three quarters of newly married couples said they do not regret the money they have spent on celebrating their marriage, and said their wedding was the happiest day of their lives.

## Whitney Houston's 'I will always love you' named most romantic song

WHITNEY HOUSTON'S record-breaking ballad 'I will always love you' has been hailed as the most romantic song ever recorded. The track, which was released by Whitney for the movie 'Bodyguard' in 1992 after originally being recorded by Dolly Parton in 1974, became the biggest ever selling female vocal record.

It also became Whitney's signature song, and was played at her funeral in February last year and performed as a tribute by Jennifer Hudson at the 54th Grammy Awards just days after the star's death.

The song beat other classics such as 'Unchained Melody' by the Righteous Brothers, '(Everything I Do), I Do It For You' by Bryan Adams, and Eric Clapton's 'Wonderful Tonight' to claim top spot in the poll.

Anton in Hurford-Jones of Sky Living HD, which commissioned the survey to mark the launch of all new Sing Date on Tuesdays, said: "Whitney Houston's 'I Will Always Love You' is a timeless classic we Brits never seem to tire of."

"This research shows that music really is the food of love! When it comes to romancing your loved one, there is nothing more popular than a good classic love song."

Unchained Melody took second place in the poll of 2,000 adults, closely followed by '(Everything I Do), I Do It For You'.

Eric Clapton's 'Wonderful tonight' was fourth while "Angels" by Robbie Williams took fifth. Interestingly only one track in the top ten has been released in the past 15 years.

The study of 2,000 adults revealed more traditional love songs feature highly in the top 50, while modern songs by the likes of One Direction, Ribena and Ed Sheeran failed to make the list altogether.

Oldies such as Frank Sinatra's 'The way you look tonight' and Nat King Cole's 'Unforgettable' remain as popular today as they did in the Fifties and Sixties.

Other classic romantic songs loved by Brits include 'The power of love' by Celine Dion, 'What a wonderful world' by Louis Armstrong and 'I don't want to miss a thing' by Aerosmith.

Other artists to have songs included in the top 50 list of romantic songs are Elvis Presley, James Blunt, John Lennon and Elton John.

To back up the top 50 list, seven in ten Brits believe modern artists struggle to produce romantic songs as those by Whitney Houston and Barry White.

And despite the huge following boy bands such as One Direction command, only 28% of people like their love songs.

One in five of us would feel confident enough to serenade a partner with a special song.

By contrast, just under half of those polled would actually quite like it if a partner serenaded them.

# Horoscopes

Horoscopes from Kimi
1 March - 8 March 2013

**Aries**

Your painstaking planning and organisational skills at work may at long last be recognised by your boss Has he/she been wearing blinkers or have you just kept too low a profile for too long You may hear from a friend you have not spoken to for some time this week

**Taurus**

How boring are your stars this week? Just lots of fun, love interests and positive life changes! Just be careful not to be too smug around friends and family or you could undo all the good fortune that surrounds you Just smirk on the quiet!

**Gemini**

Gemini your desires wants and needs change more often than your underwear but deep down you have good instinct Follow this and you won't go wrong this week as love and career are both well favoured although it may not look that way at first glance Hang on in there!

**Cancer**

You can't help thinking sloppy this week. That's great but just don't commit you may feel totally different next week Use that incredible brain of yours to good effect and try to inject a little reality into the situation

**Leo**

This is a pic and mix week Lots of things happening on the work front health front financial front and romantic front Well when I say pic I do not mean you can pick! Watch what you eat listen to career and financial advice and think before you accept the date.

**Virgo**

If you are the gambling type then a small, I repeat small flutter on the horses may prove profitable Don't bet your wages though this is not a time for unbridled imprudence. A trip to the gym would not go amiss this week and all those endorphins may well help in increasing your positive ideas about self image

**Libra**

You can see those things you desire most just over the horizon You almost audibly give a sigh of relief and you start to feel lighter and more optimistic this week because you sense the positive change that is coming You have that excited churning in your stomach Don't waste this energy use it This is not filing paperwork or spring cleaning this is making way for the new life that is about to happen

**Scorpio**

Well work wise you are on to a winner this week You cannot believe how super organised you are Efficient is your middle name You may link up with an old friend possibly via a social media network They are keen and why not after all you are nothing if not desirable!

**Sagittarius**

This week is all about family whether it is partner kids or granny Take the kids to the park or Gran to the bingo There may be domestic arguments that involve family members. You have a role to play as peacemaker

**Capricorn**

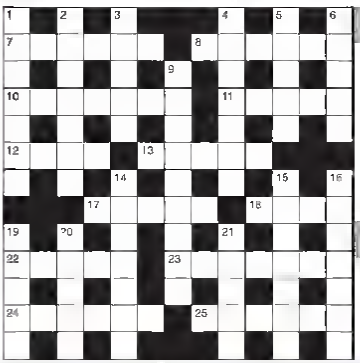
You need to consolidate the good work you did last week Try to keep up the momentum on getting to grips with your finances and try not to lose heart Watch your diet this week and take plenty of rest for big changes are about to come in the not too distant future.

**Aquarius**

Financial issues will be central to your thinking this week, you could be due a small win or get a small legacy Just be careful when it comes large financial projects

**Pisces**

This is the time to build on the successes of last week Your work colleagues but more importantly your boss will be impressed by your management and interpersonal skills As the song goes "love is all around" make sure it stays there for the time being Don't get too close too soon



## This week's crossword - Clues

**Across**

7 Occur (6)
8 Civil (6)
10 Defame (7)
11 Spectacle (5)
12 Dregs (4)
13 Rend (5)
17 Centre (5)
18 Recognise (4)
22 Lessen (5)
23 Strain (7)
24 Contend (6)
25 Smoke-stack (6)

**Down**

1 Pare (7)
2 Clothing (7)
3 Started (5)
4 Idolize (7)
5 Dull (5)
6 Pier (5)
9 Hopeless (9)
14 Upbraid (7)
15 Very old (7)
16 Sparkle (7)
19 Consecrate (5)
20 Throng (5)
21 Revoke (5)

## Last week's solution

ACROSS 1 OCCUR 4 BESIDES 8 TRAITOR 9 GUSTO 10 FREE 11 MERCHANT 13 CHEW, 14 STET 16 CONTINUE 17 PROP 20 INERT 21 UNCOVER 22 ENTREAT 23 ENDED
DOWN 1 OUT-OF-PRACTICE 2 CHASE 3 RATE 4 BARTER 5 SAGACITY 6 DISTANT 7 SHORT-TEMPERED 12 BELITTLE, 13 CONCEIT 15 AUGUST 18 ROVED 19 ACHE

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# Penchant for antique furniture - Sourcing, a growing trend

THERE is nothing more satisfying than walking into a room in your house, lovingly and painstakingly furnished with an array of antiques, each with its own character and individuality. It takes your breath away and fills you with joy, no matter how often you lay eyes on them. But where did they all come from?

Up until now, individuals spent hours, even years, hunting high and low to furnish their homes with antiques of their choice. In today's busy world, people are finding they have less time to do so. There has been a boom in requesting a specialist to source furniture, but without the expensive price tag of a commissioned buyer.

Château Rustique, bespoke antique and vintage furniture sourcers and suppliers, have found that clients requirements are changing. "We are finding that our clients find what they want on our website and then say 'please find me one like that', rather than just buying what we have in stock," co-founder, Gail Marsh, reports.

This propensity is leaning toward appointing someone to source the furniture people do not have the time to source themselves. It seems that those who are looking for that unique piece of furniture are finding what they want from the internet and then asking for it to be found by a specialist, such as at Château Rustique, on the same shoe string budget as before. But how is this working?

"We do not have contracts or ask for a retainer of any sort. Our clients tell us what sort of furniture they are looking for and their budget. As we are out and about all the time hunting for that elusive piece of furniture for our website, we offer a no obligation service whereby, if we come across what we think they may be looking for, we either send them images for them to make up their mind, or we take that risk and buy it. We do not guarantee finding it, however! On the rare occasion something we find does not suit their purpose, we list it on our website as part of our stock. We would never buy anything unless we loved it and it suited our range of furniture."

Adds Gail.

As more and more clients ask for that hard to find-gem-of a piece, Chateau Rustique may have to change their policy! For now, small businesses such as Château Rustique, have the willing staff and the zeal to keep scouring countrysides to find antique lovers their furniture dream.

For more information, visit chateaurustique.co.uk.

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CORONATION FESTIVAL AT BUCKINGHAM PALACE
12 JULY 2013
Adult, Senior Citizen & Child £58

This event will be showcasing Royal Warrant Holders in the splendour of the Palace Gardens. You will be able to experience, learn about and shop from the Royal Warrant Holders along with taking morning coffee, afternoon tea or lunch within the catering concessions or purchasing their own hamper to lunch on the lawn (not included). The Festival will coincide with the 60th anniversary of The Queen's Coronation and is a celebration of excellence and innovation, bringing together for the first time, on this scale, those individuals and companies that hold Royal Warrants of Appointment.

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IDEAL HOME SHOW
EARLS COURT
16 MARCH 2013
Adult & Senior Citizen £30 & Child £20

This annual ever-popular show is back with over 600 leading retail brands offering products and services.
If you are looking for the biggest selection of latest, most stylish products and best range of ideas for your home, the Daily Mail Ideal Home Show is the place to be.

Get all your ideas for your home in one great day out!!

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# Property

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For more information contact Coastguards Estate Agents on 01243 267026
www.coastguardsproperty.co.uk

## Goods Vehicle Operator's Licence

DANIEL GICK trading as RMS CARS of KSL ACCOUNTANTS, unit 9, West Vinnetrow Business Park Vinnetrow Road, Chichester, PO20 1QH is applying to change an existing licence as follows:

To keep an extra 4 goods vehicles and 0 trailers at the operating centre at RMS CARS unit 3, Purchase Farm, Easton Lane, Sidlesham, Chichester, PO20 7NU

Owners of occupiers of land (including buildings) near the operating centre(s) who believe that their use of enjoyment of that land would be affected, should make written representations to the Traffic Commissioner at Hillcrest House, 386 Harehills Lane, Leeds, LS9 6NF stating their reasons, within 21 days of this notice. Representors must at the same time send a copy of their representations to the applicant at the address given at the top of this notice. A guide to Making Representations is available from the Traffic Commissioner's Office.

# Cheaper to buy than rent in Chichester

POTENTIAL first time home buyers in Chichester, West Sussex, could be financially better off buying a property rather than renting, so says Persimmon Homes South Coast.

According to Persimmon, rent on a two bedroom apartment in the town costs between £500 and £525 per calendar month. However, with the Government-supported FirstBuy scheme, would-be-buyers could buy a similar new build property and pay significantly less in mortgage repayments – repaying their own mortgage as opposed to rent to a landlord in the process.

Rob Allen, sales director for Persimmon Homes South Coast, said: "Anyone who is frittering away money in a rental property thinking they can't afford a new home of their own and can't stretch to taking out a mortgage needs to talk to us as many people's rent is often more than repayments."

He continues: "Competitive house prices, home moving schemes including FirstBuy means it's a buyers market and that purchasing has never been so easy, or affordable."

FirstBuy is offered through equity loan funding of up to 20 per cent of the purchase price split equally between the Homes and Communities Agency and Persimmon, with purchasers being required to raise funding (a mortgage plus deposit) of at least 5% per cent of the purchase price.

For further information on the range of properties and home moving incentives available, visit persimmonhomes.com

## LICENSING APPLICATION LICENSING ACT 2003

NOTICE IS HEREBY GIVEN that an application has been made to the Licensing Authority of Chichester District Council for the grant of a Premises Licence under Section 17 of the Licensing Act 2003.

Details of the application:

Name of Applicant: **V. Kathryn Evans and Nicolas P Evans**

Postal address of premises (or if no postal address, description of location and extent of the premises): **Unit 10-20 Keynor Farm, Chalk Lane, Sidlesham, Chichester, West Sussex PO20 7NQ**

Brief description of application: *Retail sale of alcohol – Monday to Sunday 0700hr to 2300hr for fulfillment of internet orders and occasional face to face off-sales*

A copy of the statutory register may be inspected during normal office hours at the address shown below.

Any Responsible Authority or other person wishing to make representations on this matter must submit those representations in writing to the Licensing Manager, Licensing Team, Health Protection and Environmental Management, Chichester District Council, East Pallant House, East Pallant, Chichester, West Sussex, PO19 1TY or by email to licensing@chichester.gov.uk by no later than the **25/03/13**.

It is an offence knowingly or recklessly to make a false statement in connection with an application and, on summary conviction for the offence, a person is liable to a fine not exceeding level five on the standard scale (currently £5,000).

WOODS
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MIDNIGHT TANGO
27 MARCH 2013
NEW VICTORIA THEATRE, WOKING
Adult, Senior Citizen & Child £46
Includes coach travel
Vincent and Flavia are back!

Vincent Simone and Flavia Cacace have dazzled television audiences for six series of the BBC's Strictly Come Dancing with their stunning Tango routines. Now they have created their own live show - Midnight Tango - a breathtaking evening bringing all the drama, sensuality and elegance of this most exciting of dance forms to life.

Set in a late night bar in downtown Buenos Aires and featuring some of the finest Tango dancers in the world, Midnight Tango, takes you on a journey into a heart of this intoxicating city. As danger and excitement, joy and jealousy, pain and passion all combine - this is a spectacular and explosive evening not to be missed!

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**ALDWICK** **£465,000**

An attractive det family house situated approx 200 yards from the beach at Waters Edge G.F.H., u.P.V.C. d/glazing, cloakrm, lounge, sep. dining rm, sitting rm/study, kitchen, utility rm, conservatory, master bed with en suite shower rm, 3 further bedrms, bathrm, integral garage and good sized gardens including a South Easterly rear. (Awaiting EPC rating)

**ALDWICK** **£825,000**

A detached four/five bedroom residence situated on the beach front of a private marine estate, central heating by air source heat pump, u.P.V.C. dble glazed, u.P.V.C. fascias and soffits, fitted carpets, sec.alarm, ground floor shower room, ground floor bedroom/study, kitchen/breakfast room, utility room, further w.c. First floor living room with full width balcony and panoramic sea views, master bedroom with dressing room and en suite shower room, guest bedroom with en suite shower room, two second floor bed-rooms with bathroom, double garage, South facing garden fronting the private beach. EPC rating is E.

**ALDWICK** **£575,000**

A superbly presented New England' style detached family house situated on a good sized plot less than half a mile from local shopping facilities and the beach. The current owners have owned the property the subject of a comprehensive programme of refurbishment and modernisation over the course of the last 3 years. G.F.H., u.P.V.C. dble glazing, replacement wiring, plumbing & sanitary ware etc., a cloakrm, a triple aspect lounge, spacious kitchen/dining rm, utility rm, study/tv room, an impressive master bedrm suite with vaulted dressing rm & luxury en suite bathrm, 3 further bedrms, family bathrm, an integral garage & well maintained gardens to the front and rear. EPC rating is E.

**ALDWICK BAY ESTATE** **£425,000**

A detached chalet style house on a corner plot in private marine estate within 500 yards of the private beach. G.F.H.,u.P.V.C. double glazing, conservatory/entrance, entrance hall, dual aspect L shaped living room, dining room, ground floor bedroom/study, kit/breakfast room, ground floor shower room, two good size first floor bedrooms and a second bathroom, garage with carport, a workshop/office and a West facing rear garden. EPC rating is D.

**NYETIMBER** **£275,000**

An extended and stylish semi-detached bungalow situated in a quiet cul-de-sac. The property has been made the subject of a programme of extension and remodelling for the current owner. G.F.H., u.P.V.C. d/glazing, fascias & soffits, lounge, dining rm, fitted kitchen with breakfast rm, utility rm, two double bedrms, shower rm, large double length garage & delightful easily maintained hard landscaped gardens including a West facing rear. EPC rating is C.

**ALDWICK** **£219,950**

A stylishly presented two bedroom first floor apartment situated approx. 400 yards from the beach. The specification includes g.f.h., delightful dual aspect living rm, fitted kitchen, bathroom, separate w.c./cloakroom, single garage with additional parking for several vehicles. Use of the landscaped communal gardens and storage area beneath the main building. Residents of The Grange have access to a private beach via gate in nearby Waters Edge. EPC rating is D.

**ALDWICK** **£149,950**

A one bedroom close care apartment in the grounds of the Royal Bay care home, purpose built to be 'elderly user friendly' with many safety features and the availability of any level of assistance from the care home, gas c.h., double glazed, living room, kitchen, bedroom, bathroom, personal patio area. EPC rating C.

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# WHITLOCKS
## ESTATE AGENTS

**Pagham | £189 950**
Staggered Terraced Bungalow
Two Double Bedrooms With Built-In Wardrobes
Rear Aspect Lounge / Diner
Modern Fitted Kitchen / Breakfast Room
Modern Bathroom
Easy To Maintain Rear Garden
Driveway and Garage
EPC Rating: D

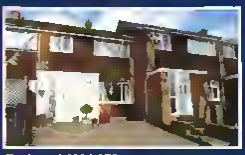
**Aldwick | £300,000**
Detached Chalet Residence
Four Bedrooms
Two Reception Rooms
Ensuite and Family Bathroom
Walled Gardens
Detached Garage and Driveway
Excellent Decorative Order In Our Opinion
EPC Rating: D

**Bognor Regis | £191 500**
Redrement Apartment
One Double Bedroom
Recently Built By McCarthy and Stone
Modern Fully Fitted Kitchen With Integrated Appliances
Views From Lounge and Kitchen Across Landscaped Garden
Allocated Parking Space
EPC Rating: B

**Pagham | £210 950**
Two Double Bedroom Semi-Detached Bungalow
UPVC Double Glazed and Gas Fired Central Heating
Modern Fitted Kitchen / Bathroom
Close To Sea, Shops and Health Centre
Detached Garage and Driveway
No Forward Chain
EPC Rating: D

**Aldwick | £450,000**
Detached Chalet House
3 / 4 Bedrooms
Refitted Family and En-Suite Bathrooms
Two Reception Rooms
Conservatory
Fitted Kitchen and Utility Room
South Facing Rear Garden
Detached Garage and Driveway
No Forward Chain
EPC Rating: D

**Pagham | £540 000**
Detached Seafront Home
Open Plan Kitchen / Diner With Direct Sea Views
Four Double Bedrooms Each With En-Suite Shower Room or Bathroom
Utility Room and Cloakroom
Seaward Facing Lounge and Patio
Off Road Parking
No Forward Chain
EPC Rating: C



**Pagham | £194,950**
Four Bedroom Mid Terraced House
Gas Fired Central Heating / UPVC Double Glazing
Modern Bathroom – Fully Tiled
Extended 2007
Modern Fitted Kitchen
Brick Paved Off Road Parking
Garage
Offered With Possibility of No Forward Chain
EPC Rating: D

**Pagham | OIRO £364,950**
Four Bedroom Detached House
Extended Kitchen / Dining Room
Room For Further Improvements
Close To Sea and All Local Amenities
Gas Fired Central Heating
Approximately 1 / 3 Acre Plot
Ideal Paddock
EPC Rating: D

**Bognor Regis | £224,950**
Georgian Style House
Four Bedrooms
Lounge / Diner
Contemporary Fitted Kitchen
Fitted Bathroom and Ground Floor WC
Enclosed Rear Garden
Off Road Parking and Garage
EPC Rating: C

**Barnham | £234,500**
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# BMW takes to the skies at Silverstone Classic

THE ORGANISERS of the summer's Silverstone Classic (26-28 July) are delighted to announce a new multi-dimensional partnership with BMW UK. The far-reaching collaboration will provide significant benefits and attractions to all those attending the world's biggest classic racing festival whether competitors, officials, celebrity VIPs, performing musicians or the ever-increasing numbers of enthusiastic show-goers.

Most prominently, perhaps, as well as being treated to a glittering display of the Bavarian manufacturer's hottest current models and famous cars from its glorious heritage, for the first time all visitors will also be able to enjoy free gondola rides in the imposing BMW Eye.

Standing more than 40 metres tall, the BMW Eye will give vast panoramic views over both the dramatic racing action on famous Silverstone circuit and the dazzling display areas showcasing thousands and thousands of classic cars.

"The BMW Eye is going to add an amazing new aerial dimension to this summer's Silverstone Classic," explained Nick Wigley, Event Director. "Passengers will enjoy what's sure to be a memorable ten minute flight with truly spectacular views over the entire Silverstone venue. What's more, as part of our famous access all areas policy, these fabulous flights will be available at no extra cost to ticket holders as well as trackside grandstand seating, entrance to the pits and paddocks, all the live music plus a host of other terrific attractions and experiences."

For the second year in succession, BMW UK will also be the 'Official VIP Courtesy Car' at the Silverstone Classic. In this capacity it will be providing a courtesy car service for celebrities, guests, competitors and media attending the huge three-day festival plus a fleet of pace cars for deployment on the grand prix circuit throughout the packed race schedule.

Tickets for the 2013 Silverstone Classic must be purchased in advance. Prices for 'Early Bird' adult ticket prices start from just £30 (plus fees) with considerable savings on offer for festival goers spending the entire action packed weekend at Silverstone as well as special packages for car clubs. Full details are available on the official silverstoneclassic.com website.

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| Optional final payment (based on 8,000 annual miles) | £2,725 | Total deposit (£2,350 Minimum Part Exchange allowance) | £2,350 |
| The price before minimum Part Exchange allowance | £8,345 | Interest charge for credit | £1,813.04 |

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Man/Auto / Pre-reg, Delivery mileage
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After Guaranteed Min PX of up to £2500
NO EXCEPTIONS NO EXCLUSIONS

ONLY from £219* per month

### 12/62 Plate i40 Tourer
Active/Style/Premium
1.7 CRDI Diesel, Man/Auto
Pre-reg, Delivery mileage
OUR PRICE from £13995*
After Guaranteed Min PX of up to £5650
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Straight from the commentary box

# Dare to dream of Wembley

Johnny Cantor

IT S NOT the most celebrated cup in existence but you could wrap up e cod e chips for every fan in the Amex with the amount of column inches that was devoted to both Bradford City and Swansea City ahead of last Sunday e League Cup final

So many stories lay behind the 90 minutes of football There was one that Albion fans will find familiar There is another that acts as a warning.

Ten years ago, facing relegation from the Football League, Swansea City began a journey that has led them from the precipice of non-league football to Wembley and European competition There s a new stadium, there have been innovative managers, stylish football and loyal supporters Sound familiar? Of course Seagulls fans can relate to what has happened to the Swans as they too are dreaming of a trip to Wembley, all be it in the Championship play offs The spoils of cup finals and trips to Europe could yet become a reality in the next decade

I was also delighted for Bradford City who have faced tragedy at their own stadium and have achieved so much this season en route to Football HQ last weekend But their slide from the top flight is also a part of their recent history Wolves are now close to experiencing something similar Like mortgages teams can go up and down

Albion fans can start to dream of a play-off place after three wins in their last four games and I hope the club s steady rise will emulate that of the South Wales club that has another striking similarity It boasts a host of continental stars many of whom, like Iñigo Calderon, are also a shining light within the community that provides the foundations for them to play the beautiful game in such wonderful surroundings Well done on your Football League nomination Calde

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Football

# City's remarkable comeback

CHICHESTER CITY'S hopes of escaping relegation took a turn for the better on Tuesday with a dramatic 3-2 victory over Arundel.

City have twelve more league games to play, and are third-bottom in the table, four points adrift of the safety zone. But the way they've been performing lately, Chichester must feel confident of survival. Selsey themselves are only a few places ahead, and Saturday's match at Gulliver's will be a real six-pointer.

Last weekend, Chichester had another long journey to East Sussex to take on Hailsham, but came away empty-handed. City played the better football and could have won had they converted more of their chances.

Morgan Ferry gave the visitors an early lead but the Strugers hit back with two goals in quick succession around the half-hour mark.

Then, on 55 minutes, Chichester levelled when Freser Smith hit a superb shot from outside the box. Smith, who has graduated from the Under-15 side, has now scored twice in successive games having recently won a place in the first team.

It seemed that Chichester might get a draw, but with 10 minutes remaining Trevor McCreadie claimed the winning goal for Hailsham, final score 3-2.

Three days later at Arundel, Chichester appeared dead and buried until the last few minutes, but managed to conjure up three goals to emarkably clinch victory.

The Mullets went ahead inside ten minutes through Rory Biggs, and when Lewis Jenkins added another after the break it seemed to be all over.

But a tactical change of formation for the closing stages worked wonders for City. Julian Boniface and Don Watts were substituted, with Perry Northeast switching

positions from midfield to left back and attacker Tom Groom coming on.

And with 8 minutes remaining, Pau Cassasa Busquets pulled one back for City from the edge of the box, with the unsighted Arundel keeper motionless.

A couple of minutes later Keo Hagao converted a penalty to make it 2-2, and then right at the death the same player found himself in the right spot at the right time and tapped in the winner to round off the comeback.

City (v Hailsham): Roberts, Heath, Boniface, Tribe, Hibbert, F Smith, Cassara, Hagan, Ferry, Watts, Groom. Subs: T Smith, Taylor, Blatchford.

(v Arundel): Roberts, Heath, Boniface, Tribe, Hibbert, Northeast, Cassara, Hagan, McCarthy, Watts, T Smith. Subs: F Smith, Groom.

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## Sussex County Football League

### DIVISION 1

| Team | P | W | D | L | F | A | GD | PTS |
|---|---|---|---|---|---|---|---|---|
| PEACEHAVEN & TELS. | 24 | 17 | 6 | 1 | 72 | 20 | 52 | 57 |
| RINGMER | 30 | 27 | 6 | 7 | 82 | 44 | 38 | 57 |
| HASSOCKS | 31 | 16 | 5 | 10 | 73 | 45 | 28 | 53 |
| REDHILL | 26 | 16 | 5 | 5 | 55 | 31 | 24 | 53 |
| EAST PRESTON | 24 | 15 | 7 | 2 | 67 | 25 | 42 | 52 |
| EAST GRINSTEAD TOWN | 28 | 15 | 5 | 8 | 75 | 43 | 32 | 50 |
| FAGHAM | 26 | 16 | 2 | 8 | 59 | 41 | 18 | 50 |
| RYE UNITED | 23 | 15 | 3 | 5 | 69 | 33 | 36 | 48 |
| LANCING | 26 | 12 | 6 | 8 | 65 | 43 | 22 | 42 |
| ST FRANCIS RANGERS | 27 | 12 | 4 | 11 | 49 | 48 | 1 | 40 |
| CROWBOROUGH ATHLETIC | 29 | 12 | 2 | 15 | 50 | 70 | 20 | 38 |
| LINGFIELD | 25 | 11 | 3 | 11 | 55 | 58 | -3 | 36 |
| ARUNDEL | 27 | 10 | 5 | 12 | 41 | 55 | -14 | 35 |
| HORSHAM YMCA | 25 | 11 | 1 | 13 | 61 | 49 | 12 | 34 |
| SELSEY | 27 | 9 | 6 | 12 | 35 | 45 | 10 | 33 |
| HAILSHAM TOWN | 24 | 10 | 1 | 13 | 46 | 54 | -8 | 31 |
| SIDLEY UNITED | 25 | 7 | 6 | 12 | 41 | 56 | 15 | 27 |
| SHOREHAM | 27 | 8 | 3 | 16 | 43 | 69 | -26 | 27 |
| DORKING WANDERERS | 29 | 6 | 8 | 15 | 41 | 63 | -22 | 26 |
| CHICHESTER CITY | 30 | 6 | 4 | 20 | 45 | 84 | -39 | 22 |
| AFC UCKFIELD | 26 | 3 | 3 | 20 | 31 | 92 | -61 | 12 |
| WORTHING UNITED | 27 | 1 | 5 | 21 | 28 | 96 | -67 | 8 |

### DIVISION 2

| Team | P | W | D | L | F | A | GD | PTS |
|---|---|---|---|---|---|---|---|---|
| NEWHAVEN | 25 | 17 | 4 | 4 | 63 | 40 | 28 | 55 |
| LITTLEHAMPTON TOWN | 20 | 15 | 4 | 1 | 59 | 13 | 46 | 49 |
| EASTBOURNE UNITED AFC | 23 | 15 | 3 | 5 | 72 | 38 | 34 | 48 |
| LITTLE COMMON | 22 | 13 | 3 | 6 | 64 | 28 | 36 | 42 |
| BROADBRIDGE HEATH | 23 | 12 | 4 | 7 | 55 | 40 | 15 | 40 |
| MIDHURST & EASEBOURNE | 22 | 11 | 5 | 5 | 57 | 42 | 17 | 38 |
| BEXHILL UNITED | 23 | 10 | 8 | 5 | 50 | 42 | 8 | 38 |
| LOXWOOD | 23 | 10 | 6 | 7 | 44 | 33 | 11 | 36 |
| WESTFIELD | 22 | 9 | 7 | 6 | 44 | 32 | 12 | 34 |
| MILE OAK | 22 | 7 | 7 | 8 | 40 | 38 | 2 | 28 |
| STEYNING TOWN | 22 | 7 | 5 | 10 | 46 | 45 | 1 | 26 |
| SEAFORD TOWN | 22 | 7 | 5 | 10 | 32 | 42 | -10 | 26 |
| STORRINGTON | 25 | 7 | 5 | 13 | 35 | 55 | -20 | 26 |
| WICK | 21 | 7 | 3 | 11 | 33 | 48 | -15 | 24 |
| SOUTHWICK | 22 | 7 | 2 | 13 | 42 | 49 | -7 | 23 |
| RUSTINGTON | 22 | 4 | 4 | 14 | 35 | 59 | -24 | 16 |
| OAKWOOD | 22 | 3 | 5 | 14 | 33 | 63 | 30 | 14 |
| SALTDEAN UNITED | 23 | 0 | 1 | 22 | 20 | 124 | -104 | 1 |

### DIVISION 3

| Team | P | W | D | L | F | A | GD | PTS |
|---|---|---|---|---|---|---|---|---|
| SIDLESHAM | 13 | 10 | 2 | 1 | 50 | 18 | 32 | 32 |
| BARNHAM | 16 | 10 | 2 | 4 | 52 | 22 | 30 | 32 |
| HAYWARDS HEATH TOWN | 11 | 8 | 2 | 1 | 31 | 9 | 22 | 26 |
| BILLINGSHURST | 10 | 7 | 1 | 2 | 27 | 13 | 14 | 22 |
| UCKFIELD TOWN | 12 | 5 | 3 | 4 | 24 | 21 | 3 | 18 |
| ROFFEY | 13 | 5 | 2 | 6 | 28 | 28 | 0 | 17 |
| CLYMPING | 13 | 5 | 2 | 6 | 17 | 21 | -4 | 17 |
| FERRING | 13 | 5 | 3 | 5 | 26 | 36 | -10 | -15 |
| HURSTPIERPOINT | 14 | 4 | 1 | 9 | 17 | 27 | 10 | 13 |
| IFIELD | 12 | 3 | 2 | 7 | 24 | 33 | -9 | 11 |
| ROTTINGDEAN VILLAGE | 15 | 3 | 1 | 11 | 21 | 55 | -34 | 10 |
| TD SHIPLEY | 12 | 1 | 1 | 10 | 9 | 43 | -34 | 4 |

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